

Granite City Journal

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4 Sections, 44 Pages

THIRTY-FIVE CENTS

Briefly

Siblings class

A class for expectant siblings will meet from 10 a.m. to noon Saturday, Feb. 13, in the OB solarium on the second floor of the Doctors Wing at St. Elizabeth Medical Center, Granite City. Registration is required by Friday, Feb. 5. For more information or to register, the number is 798-3040. Children must be three years old or older, and the expectant mother must be at least six months pregnant. The child must be accompanied by a parent, who will also be involved in the class activities. The cost is \$5 per child or \$10 for a family of two or more children. The class allows youngsters to participate in activities directed toward their role in welcoming and understanding their family's newborn baby.

Meeting slated

Southern Illinois Divorced/Separated Catholics will meet at 7:30 p.m. Friday, Feb. 12, at St. Boniface School, 128 N. Buchanan, Edwardsville. The Rev. John Lyons will speak on "Times of Stress: Opportunities for Spiritual Growth." Newcomers are welcome.

Tip of the hat

Joan Griffin, payroll supervisor at Olin in East Alton, has been elected president of the Gateway Association of Payroll Professionals. Griffin is a 1959 graduate of Granite City High School and, in 1965, was the first woman to graduate with a major in accounting at Southern Illinois University at Edwardsville. She is the daughter of Charles and Frances Wade of Granite City and has four children: Dominic, Deron, Dineen and Jill.



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Deaths

Elbert Branch
Sister L. Crimmins
Raymona Fryntko
Orville Kinnworthy
Barbara Kraus
Mabel Mahner
Geraldine Simpson
Ophia Smith
Viola Smith
Hazel Thing

Index

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Food 1C
Obituaries 12A
Sports 1B
Entertainment 12C

Complete network and cable listings

Look for the TV Entertainment book every Thursday in the Granite City Press-Record. For home delivery call 876-2000.

19 seek nine spots atop ballot

By Bob Slate
Staff writer

Nineteen candidates for nine elected offices in Granite City will have to wait a week to see where their names will appear on the April 20 ballot. Twenty candidates were present at City Clerk Robert Stevens' office at 8:30 a.m. Monday when the filing period officially opened.

Under Illinois election law,

candidates' names appear on the ballot under the office they are seeking in the order in which they file petitions. If more than one candidate for a particular office is present when the filing period opens, those candidates are considered to have filed simultaneously and a lottery is held to determine the order in which their names will appear. Because Assessor Darlene Laub was the only candidate to file for that office when the fil-

ing period opened, her name will be listed on the ballot before any other candidates who may later file for the office. No other candidate had picked up petitions for that office by Monday.

Three mayoral candidates — all current aldermen — were present at 8:30 a.m. Monday. A lottery will determine which

candidate — Paul Fisk, Walter Milton or Jeff Worthen — will have his name appear at the coveted number one spot.

Businessman Dan McGuire's name will appear fourth among mayoral candidates, since he filed petitions about 15 minutes after Fisk, Milton and Worthen.

Seventeen potential mayoral candidates — including Archie Lupardus, who ran unsuccessfully in a three-way race in 1989 — have picked up petitions for the

office. Lupardus picked up petitions Monday morning.

Several of those who obtained petitions have since said they do not intend to file them.

For the office of city clerk, incumbent Stevens and Lt. Roy Koberna of the Police Department filed petitions simultaneously. No other candidate had picked up petitions for city clerk by Monday morning.

Also filing simultaneously (See BALLOT, Page 12A)

Becker backed as union head

By Bob Slate
Staff writer

A former steelworker from Granite City is regarded as the leading candidate to become the international president of the United Steelworkers of America when the union elects new officers in November.

A slate of officers headed by George Becker, formerly of Granite City, has been endorsed by the USWA's executive board to fill the union's top offices. Becker was chosen to succeed outgoing International President Lynn R. Williams, 68, who plans to retire March 1, 1994, the end of his current four-year term.



Becker

Becker, currently serving his second term as international vice president of administration, and a slate of three other officers was endorsed by the USWA's executive board in an unofficial meeting Jan. 16, according to a news release issued by the board.

Williams was enthusiastic about the endorsement.

"I'm enthused about the endorsement of the 'Steelworkers for Becker Team' of candidates," Williams said.

"The overwhelming support of the candidates by our executive board is a strong predictor of how the union's membership will express their support for the quality of leadership experience in George Becker and his candidates' team," Williams said.

Becker, 64, is a second-generation steelworker.

(See BECKER, Page 12A)

Weekly food planner offered

By Janice Denham
Staff writer

Behind the colorful entry of the food section this week is a new feature, the *Journal* Food Planner.

Because many families feel the pinch of time and money these days, they need help in planning to save both when they shop. The half-page, which will be found every week on Page 2 of the food section, is designed with the shopper in mind.

Just fill in the blanks and take it with you to the store. One area is for planning menus for the week. There is a shopping list, too, with lots of suggestions and open space for remembering all those items that your household — and your household alone — needs week-by-week.

Another area will offer Foodnotes, quick and easy ideas to spur the culinary imagination and let the household enjoy eating more. Many food and cooking ideas that readers suggested in last year's *Journal* food questionnaire will take a turn here.

Because the *Journal* Food Planner is designed for your personal use at home and in the supermarket, the food department would like to hear how you like and use it. Comments can be made by writing to: *Journal* Food Editor, 1714 Deer Tracks Trail, St. Louis, Mo. 63141.

Costello seeking campaign reform

By Mike Myers
Staff writer

Some political observers think he is "crazy like a fox" while others think he is just plain crazy.

Actually, U.S. Rep. Jerry Costello, D-12th Ill. District, said he is only trying to fix a system of campaign finance that anyone can see is broken.

Costello admits his House Resolution 451 — one of a handful of campaign reform proposals awaiting hearings by the House Subcommittee on Elections — attacks "sacred cows" on both sides of the aisle and, as a result, can expect bipartisan opposition.

The proposal calls for elimination of political action committee (PAC) contributions to the favorite of Democratic candidates including Costello — and elimination of "soft money," political spending, the favorite of Republican candidates.

It also requires that all contributions come from within the contested congressional district, and limits personal expenditures by a candidate to \$50,000 and total expenditures to \$500,000 per election.

Brian Lott, Costello's chief of staff, admitted that some Washington insiders are viewing Costello's proposal as a great

Costello bill on campaign finance reform

H.R. 451



- Eliminates PAC money
- Eliminates "soft money"
- All contributions must come from district
- Personal expenditures limited to \$50,000

political move as long as it doesn't backfire and actually pass.

"But if there ever was a year to pass it, this is it," Lott said.

"The president (Bill Clinton) has said it will be a priority and the mood is right for reform, especially with 110 new members in the House. And let me assure you, (Costello) will fight to see it get through."

Although a relative newcomer

to Congress, Costello can claim some personal expertise in campaign financing. He began raising money for an eventual run for Congress in 1980, seven years before actually becoming a candidate.

In 1988 — having survived three hotly contested congressional races in a single year — Costello had the dubious distinction of making several

"top 10" lists of beneficiaries of

Veteran school bus driver Rose Kayser keeps rolling along.

School bus drivers fill many roles

Hey, Lady, I wrote you a letter, did you see? I said, "I love you." Do you love me? Would you love me just a little today? Hey, lady, I sure am hungry today. My face is dirty and my hair ain't combed. 'Cause Mom was sleeping when I left home. Hey, Lady, would you hug me today? Hey, lady, won't somebody love me today?

By Cheryl K. Friedman
Correspondent

"They are not only a bus driver, but they're a baby sitter, a traffic watcher, a counselor. Sheila Doolin says of area school bus drivers. "Some of these women even help kids with their homework."

Doolin, who works in the office at the Mayflower school bus garage in Granite City, said the "Hey, Lady" poem is passed among the school bus drivers. It provides recognition that the job entails much more than operating a 32-ton vehicle with 70 children on board.

Joann Smith is an attendant on one of the special education buses. She said drivers treat the children who ride on the buses as their own.

"We had one child that we sent back into the house last week," Smith said.

"He came out with a little thin jacket on. I made him go back in and get his coat on. I knew he had one."

Smith, standing in the break room awaiting the

(Staff photo by PAM DOEPKE-HURD)

(See DRIVERS, Page 4A)

Women of Achievement

WOA nominees being sought

The deadline for nominations for the 38th Women of Achievement awards, co-sponsored by the Suburban Journals and radio station KMOX-AM (1120) is 5 p.m. March 1.

Ten awards are given annually to "women who have made a commitment to serve the communities in the St. Louis area and whose efforts have improved the quality of life for those around them."

A committee of community leaders and former WOA winners will choose the 1992 awardees.

Nominations for the 1992 competition should be addressed to: Women of Achievement Committee, c/o Suburban Journals, P.O. Box 41215, St. Louis, Mo., 63141.

The nominations should include the nominee's full name, address and telephone number along with information on her achievements, support letters and the name, address and telephone number of the person making the nomination.

Case didn't prove cancer causation

By Bonita Tillman
Staff writer

Attorneys for a tobacco company and its trade union argued repeatedly that no proof existed to show that more than 30 years of cigarette smoking caused the terminal lung cancer inflicting Charles Kueper.

A St. Clair County jury agreed that neither R.J. Reynolds Tobacco Inc., the Tobacco Institute, nor Reese Drug Store in Cahokia could be held responsible for Kueper's cancer.

The jury delivered its opinion at 10:30 p.m. Friday in a hushed courtroom after 10 weeks of trial and hundreds of exhibits.

"Mr. Kueper said he wanted to smoke and he continued even after he was warned, when his wife got sick and until one day he decided not to smoke anymore," said jury foreman Ed Ratka.

The 51-year-old Kueper of Cahokia and Belleville attorney Bruce Cook of Belleville were absent for the verdict. Neither could be reached later for comment.

Kueper, who has been given only a short time to live, was not looking for personal gain in the lawsuit, Cook said, but was trying to keep others from suffering as he has.

"This is your opportunity to say we have had enough," Cook told the jury. "Do us all a favor. Put them all out of business."

John Strauch, lead outside counsel for R.J. Reynolds, said the company obviously was very pleased with the verdict because it confirmed that "the application of ordinary common sense to cases like this show they should not be won by the plaintiff."

"Someone who smoked for 25 years should not be able to come into court and say I want some money," he said.

Despite Cook's contention that cigarettes are poison that should be banned, Strauch said society decided more than 25 years ago they could be sold as long as the warning was given.

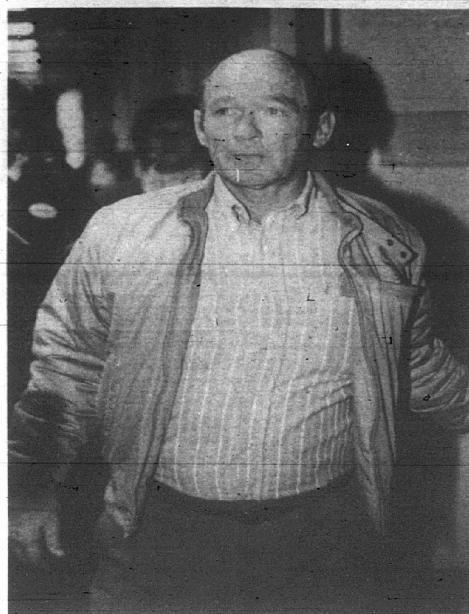
Larry Hepler, an Edwardsville attorney who represented the Tobacco Institute, said he felt the jury recognized right away that the case had not been made against Tobacco Institute. The group does not manufacture, sell or advertise cigarettes, he said.

"The jury agreed it's a matter of personal choice. It keeps your faith in the jury system," he said.

Joe Longinotti, an industry analyst, said the verdict will mean there will be fewer cases of its type filed which spells success for the tobacco industry.

A California attorney who served as a consultant for an investment company there, Longinotti said people can now approach tobacco stocks from an investment angle only.

"This was a total, complete and irreparable victory," he said.



Charles Kueper outside a St. Clair County courtroom during his trial.

Jurors respect Kueper's honesty during trial

After spending 10 weeks listening to arguments and testimony, jurors found respect for Charles Kueper but not enough evidence to support his claim against the companies he believed led to the cancer that threatens his life.

Although jurors agreed that smoking presents a risk factor, they said doctors who testified in the case never proved to them "beyond a reasonable doubt" that it caused Kueper's cancer, said juror Michelle Hopkins of Centerville.

Evidence in the trial showed that Kueper could have been exposed to the

cancer-causing defoliant Agent Orange during his three tours of duty in Vietnam, jurors said, or because of a pipecutting job. "I burn steel for a living, but I don't think I can come back later and say give me money because it caused cancer," said juror Jim Lord. "Cigarette smoking could have contributed to it, but it may not have."

Hopkins said the jury was hung up on the advertising issues introduced by Kueper's attorney Bruce Cook, and whether it played any role in Kueper's illness.

"We felt they were negligent at one point

or another because of the advertising, but Mr. Kueper said it had nothing to do with his choice to smoke," Hopkins said.

Hopkins and others commended Kueper for even coming forth to testify, given the circumstances. Hopkins said she felt he had told the truth regardless of how it might affect the trial's outcome.

"I really respect Mr. Kueper as a human being. He told what he really felt," she said. "I don't think it would have made a difference if he had not wanted to take the stand."

—Bonita Tillman

Burris cites need for racial harmony

By Ann-Marie Campos
Staff writer

Illinois Attorney General Roland Burris launched the first day of Black History Month as guest speaker Monday at Scott Air Force Base.

"When we come together as we are today, we come together to share, learn and exchange," Burris said at the presentation, which marked his first visit to the base.



Burris

"Communication corrects the lack of acceptance and understanding," Burris, a native of Centralia, was the guest speaker for the annual Black Heritage Luncheon at Scott Air Force Base.

He became the state's 39th attorney general in 1991 after serving three terms as state comptroller. He became the first African American elected to a statewide office in Illinois, and today he is one of four black individuals with such a position.

"We must move to levels of understanding that everyone has something to contribute," Burris said. "This is America. We've got all diversities, ethnicities

and religions. We must learn not to have racism to the detriment of another citizen."

Burris spoke of the contributions of black individuals in the armed services throughout the course of history, as well as the black culture's struggle against discrimination.

"If you're not aware of the past, your history, the mistakes that have been made through the years, then we're certain to repeat those mistakes."

"That's why we're here, to reflect and to understand," he said.

Burris said that, during the Civil War, large numbers of African Americans served in the Union Army, thousands died and 22 received congressional medals of honor. In World War I, 350,000 served but none received congressional medals of honor; and in World War II, one million served, he said.

Burris commended the armed services' participation in "hiring black individuals."

"We in this country can make it even greater if we allow each citizen to rise to his or her potential," Burris said.

Citing his favorite poem from the late black poet Langston Hughes, Burris said, "As we go forward, 'Keep your hand on the plow; hold on.'"

King Tut tomb discussion is slated

"Egyptian Mysteries: The Tomb Art of Tutankhamen" will be the topic for the Feb. 10 session of Dialogue with Senior Citizens at Southern Illinois University at Edwardsville.

Sponsored by the gerontology program at the university, the presentation will begin at 1 p.m. in the Mississippi/Illinois Rooms of the University Center.

Sharon Lambert, assistant professor of nursing at the university, will present the program. Professor Lambert will discuss the art and artifacts found in the tomb of King Tut, the boy king of Egypt. Her presentation will be illustrated with slides which depict the magnificent splendor and richness of the artifacts found in King Tut's tomb. Dialogue With Senior Citizens sessions are free and open to the public.

Granite City Journal

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General manager **Rick Jarvis**
Executive managing editor **Scott Queen**
Sales manager **Leo Swift**
Editor **Bob Slate**
City editor **Mike Myers**
Sports editor **Tony Panozzo**

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Police log

Granite City

Sex warrant served

John P. Lance, 32, of Lenzburg, Ill., was arrested at 9:10 a.m. Jan. 28 on a warrant charging him with three counts of aggravated criminal sexual assault.

Bond on the warrant is \$100,000.

Lance is alleged to have sexually assaulted a 10-year-old child a number of times over a four-month period in 1991, said Det. Rich Werth of the Granite City

Police Department. The assaults are alleged to have occurred in Granite City.

Arrested after chase

William C. Schneiddele, 19, of the 2900 block of Buxton Avenue, was arrested at 4:11 a.m. Jan. 28 for illegal transportation of alcohol and fleeing and attempting to elude police.

An officer reported seeing a car speeding on Madison Avenue. The officer activated his emergency lights and chased the car on 24th Street, according to

a report.

After allegedly running past all the stop signs on 24th Street, the car stopped at the intersection of 24th and Center streets, where Schneiddele, the driver, abandoned it and fled on foot, the report states. He was soon apprehended nearby.

An open beer bottle was found on the floorboard of the vehicle, the report states.

DUI, 3 other charges

Jonathan R. Stafford, 19, of the 1900 block of Joy Avenue,

was arrested at 12:54 a.m. Jan. 28 for driving under the influence of alcohol, illegal transportation of alcohol, improper lane usage and driving without liability insurance.

Witnesses told police that a black 1977 Buick LeSabre driven by Stafford in the 2200 block of Washington Avenue drifted across the oncoming traffic lane and struck a parked red 1985 Camaro head-on.

Stafford took a blood-alcohol test at St. Elizabeth Medical Center and was charged.

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3 slates file in Nameoki Township

By Bob Slate
Staff writer

Three political parties filed full slates of candidates for political offices Monday morning in Nameoki Township.

All three parties included incumbent township officials on their respective tickets.

The Concerned About Nameoki Party headed by Irene Karlechik, the Township Improvement Party led by current Trustee Ken Davis and the Positive Action Party headed by Louis "Lou" Whitsell all filed petitions Monday to be included on the April 20 ballot in the township.

Positions to be filled include supervisor, clerk, highway commissioner, tax collector, assessor and four trustees.

The township traditionally does not fund the collector's position, but a name must be included to complete a full-party ticket.

Candidates on the Concerned About Nameoki ticket are Karlechik for supervisor; Judy K. Merritt for clerk; Loren Madison for highway commissioner; James Noeth for assessor; Shirley Harper for collector; and Charles Luehmann, Charles Reed, Harold "Gene" Briggs and incumbent Joseph Garcia for trustees.

Karlechik and Madison are both trustees on the Pontoon Beach Village Board. Noeth serves on the Granite City School Board.

The Township Improvement Party features Davis for supervisor; current supervisor Lee Ridgeway for clerk; William "Bill" Ellis for highway commissioner; Carl Macios, the incumbent, for assessor; Jeanette Wilson for collector; and Sam Stoyanoff, Wade Rollins, incumbent trustee Steve Isenburg and current highway commissioner



Davis

Whitsell

Karlechik

W. Lee Adams for trustees.

The Political Action Party ticket includes Whitsell for supervisor; incumbent Helen Hawkins for clerk; Harry Blockley for highway commissioner; Robert "Bob" Barthelmy for assessor; Peggy Lachmiller for collector; and Randy Ballew, Charles Favier, Michael Nance and Ruth Andrews for trustees.

Two parties filed full slates of candidates Monday for the three trustee positions to be decided in Pontoon Beach April 20.

All three incumbent trustees will seek re-election.

The Concerned About Pontoon Party includes Kerry Ervay and incumbents Bob Douglas and Marvin Ribbing.

The Positive For Progress Party ticket lists former trustee Robert "Bob" Vincent, Michael "Mike" Macek and incumbent Robert Abel.

Competing slates file in Venice, Madison

By Mike Myers
Staff writer

Venice Township and the city of Madison each had two full slates of candidates file Monday.

Only two independent candidates filed in the city of Venice.

In Madison, both the Community Team party headed by mayoral candidate John Hamm and the Strong and Responsible City Government Party headed by incumbent Mayor John Bellcoff filed at 8 a.m. A lottery will be held at 10 a.m. Feb. 10 to determine the ballot order.

Running with Hamm, who is currently an alderman, are Toni Cromer, for clerk; Frank Dutko, for treasurer; Eleanor Armour, for alderman, Ward 1; Lester White Sr. for alderman, Ward 2; incumbent Alderman Mike Vrabec, Ward 3; and James Newsome Sr., for alderman, Ward 4.

Running with Bellcoff are incumbent City Clerk Bill Weidner, incumbent City Treasurer Frank Kierski, incumbent Alderman George Amisch, Ward 1, Theodore "Ted" Ostrega for alderman Ward 2, Harold Christian, for alderman, Ward 3, and incumbent Alderman Charles Rockett, Ward 4.

Also filing Monday in Madison was independent candidate Ron Grzywacz for alderman in Ward 2.

Tom Voloski, who has

announced his intention to run for mayor, did not file.

In Venice Township, both the Responsible Town Government

party headed by supervisor candidate Andy Economy, the Good Government party headed by incumbent Supervisor Richard "Popeye" Paterson and independent trustee candidate Ruby Johnson filed at 8 a.m. A lottery to determine ballot order will be held at a later date.

Running with Economy are Metro Pierson, for clerk; Charles Haynes, for assessor; Robert Wiley, for highway commissioner; Jo Ann Lucas, for collector; and for the four trustee positions, Christ Paschoff, Sharon Cass and incumbents Ben Honorable and Joe W. Young Sr.

Running with Paterson are Donald Turton, for clerk; incumbent Assessor Babette Mosby; incumbent Collector Casey Krakowicz; incumbent Road Commissioner Ed Lee Salmond; and for the four trustee positions, Patricia Pritchard, F. Craig Garrett and incumbents "Cadillac" John Piechocinski and Joe Asperger.

In the city of Venice, only independent candidates Michael Terrell for mayor and Burl Reed for 2nd Ward alderman filed on Monday.

Incumbent Venice Mayor Tyrone Echols is expected to file with a slate of candidates before filing ends Feb. 8.

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Twenty file in Chouteau

By Bob Slate
Staff writer

Two complete slates and two independent candidates filed petitions Monday for the April 20 ballot in Chouteau Township. Officials to be elected include a supervisor, clerk, assessor, collector, road commissioner and four trustees.

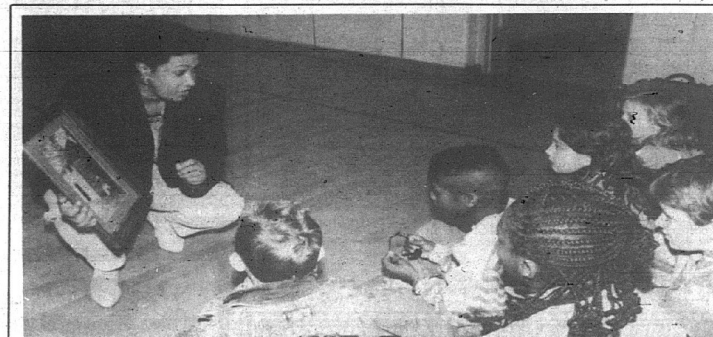
Incumbent Supervisor Morris Miles of Mitchell filed for re-election as an independent candidate. Seeking a third term as supervisor, he also represented the area on the Madison County Board for 12 years until November, when he lost a bid for re-election.

In the supervisor's race, Miles will face Patricia Polley, the 20-year town clerk from the Mitchell area who is heading the Political Action Party slate, and Michael Carner, also of Mitchell, who heads the Chouteau First ticket.

Also appearing on the ballot under the Political Action Party banner will be Barbara Overton of South Roxana for clerk; incumbent assessor David Clement of Mitchell; Jimmie D. Hendrix of Mitchell for collector; James Franko Sr. of Mitchell for road commissioner; and Leroy Stark and Floyd Jordan Jr., both of Mitchell, Jim Riley of Hartford, and incumbent Robert Leckrone of South Roxana for trustees.

Chouteau First candidates, in addition to Carner, will be Kathy Schillinger of Mitchell for clerk; Donald Hamilton of Mitchell for assessor; Melvin Simpson of Mitchell for collector; incumbent Road Commissioner Robert G. Douglas of Mitchell; and trustee candidates Jim Eich of South Roxana, Juanita Barnes and Greg Harper, both of Mitchell, and Dudley Luebbeck of Hartford.

Odus Busby of Mitchell filed petitions Monday as an independent candidate for road commissioner.



(Staff photo by PAM DORPKE-HURD)

History lesson — Glenna Moore, a parent volunteer at Prather School, shares with students her experiences as a worker at the Booker T. Washington National Monument in Franklin County, Va.

Feminist Film Festival Thursday

The Alton/Edwardsville Chapter of the National Organization for Women will present its annual Feminist Film Festival at 7 p.m. Thursday.

Films will be shown in the Community Room of Mark Twain Bank, Main and Vandalia streets in Edwardsville. The evening's features will include: "Eagle When She Flies," "We Won't Go Back" and "One Fine Day."

Admission is free and the show is open to non-members. Parking will be available on the bank lot which is adjacent to the building on Vandalia Street.

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CALL FOR APPOINTMENT

Correction

A photo caption in the Jan. 31 Granite City Press-Record Journal misidentified members of the Tri-City Knights of Columbus as they presented checks from the proceeds of the K of C's annual Tootsie Roll drive. Deputy Grand Knight John Mosely presented a check to Pete Schumacher. Grand Knight Roy Ponce presented checks to Dorothy Lajewski and Marilyn Shearer. District Deputy James Weghorn presented checks to Kay Hahne and Sister Mary Alice.

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Costello

(Continued from Page 1A)

high as a half-million dollars.

"For too many years, Republicans and Democrats have been in deadlock over two issues: PAC money and soft money," Costello said.

"This bill addresses both problems and adds a requirement of in-district financing, giving the district's voters a direct role in the financing of (a congressional) campaign."

Costello said that during the last congressional election the candidates nationwide spent a record total of \$219 million and incumbents spent an average of \$70,000 each.

"The cost of elections is way too high and (as a result) the American people do not feel they play a very important role in this process," Costello said.

"This bill is an effort to change that process."

President George Bush vetoed a campaign finance reform bill passed by Congress last year, but Costello said he hopes Clinton will sign whatever new campaign financing reform bill ultimately is approved.

Costello called on Clinton, who has said campaign finance reform will be among the issues introduced in his first 100 days in office, and Congress to give this issue a top priority.

"Our system of campaign finance is broken and must be fixed," Costello said. "Campaign finance reform must be on our list of first-year legislative priorities."

Watson named to two committees

In addition to his responsibilities as Assistant Senate Majority Leader and Senate Education Committee chairman, state Sen. Frank Watson, R-Greenville, has been named to two other Senate committees.

His appointments to the Executive and Transportation committees were announced by Senate President James "Pate" Philip, R-Wood Dale.

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Drivers

(Continued from Page 1A)

afternoon bus run, lowered her voice: "I bought it for him."

The sense of family between the bus drivers and the children who ride the buses was apparent in the decor of Rose Kayser's bus on a recent Wednesday afternoon.

High on the wall at the front of the small bus was a collage of photographs of the children who ride it daily. Some of the photographs were supplied by the parents of the children, and some were taken by Kayser and bus attendant Carolyn Prokovich.

Taped up around the sides of the bus were pieces of art work as unique as the children who designed them. A large heart was colored in swirls of blue, yellow, red, purple and brown.

A sunshine face hung nearby, adding to the cheerfulness of the bus interior.

Several "Just say no to drugs" posters were also randomly displayed. And at the back of the bus, where some of the older children sit, was a picture of a Harley Davidson motorcycle.

Kayser and Prokovich were on their way to pick up children at Wilson and Marshall grade schools. The children they consider family include some with behavioral and learning disorders.

"Every one of these kids needs attention," said Prokovich. And that is her job. As a bus attendant, she is there to give the children on the bus all the attention she can possibly put forth in the short time she sees them.

It was Aaron Brewer's birthday, and a "Happy Birthday" poster, signed by all of the children, was posted above his seat at the front of the bus.

The seven-year-old Wilson student eagerly climbed the steps of the bus and sat down next to Prokovich.

"Hello, Aaron," said Prokovich. "What are you going to do tonight?"

"Karate lessons," the boy responded proudly, without the boy of a pause.

Prokovich greeted each child as if she were at home and her own children were coming home after a long day at school.

"Got lots of homework, Jaime?" she asked the little blonde-haired girl who was sitting across the aisle from her. Nine-year-old Jaime Scaggs sighed as she looked down at her books.

"Yes," she replied.

As more children piled onto the bus at Marshall School, Prokovich decided it was necessary to involve the children in some thought-provoking activity.

"OK," Prokovich said, raising her voice and turning to the children, "the name of Granite City before it was named Granite City?"

"Kinderhook!" the children responded emphatically.

"Very good, but let's not all answer at once," Prokovich said. "Beverly, who killed Lincoln?"

"John Wilkes Booth," a voice from the back of the bus answered.

The children, who ranged from seven to 12 years of age, were obviously used to the trivia Prokovich uses to keep their attention. In addition to being kept occupied, they were learning valuable lessons.

"OK, we're going to fix a meal. Brandon, you fix a healthy, nutritious breakfast."

"Ah, poached eggs, a piece of toast with jam and butter. No, I mean margarine," said the boy, looking toward Prokovich for

approval. "And later, tots, orange juice and pancakes."

After having the children prepare a hypothetical breakfast, lunch and dinner, she went on to question them about their favorite animal, color and sport. She involved them in more local trivia.

"All right, the name of the sports teams at the high school in Granite City?" she asked.

"The Warriors," 12-year-old Floyd Hannel replied. He hopes to wrestle on the Warrior wrestling team once he enters high school. Prokovich offered him reassurance.

"You will have to keep your grades up," she said. "You'll have to study and keep up and I'm sure they'd be glad to have you on their team."

As the number of children on the bus began to dwindle, the atmosphere became more relaxed.

"At the sound of the beep the time will be 3:09 p.m. and the temperature will be 26 degrees. Beeep," said 12-year-old Jennifer Miller as the bus passed a time and temperature display. It is customary, Prokovich said, for the girl to give Kayser time and temperature updates.

"We're running a minute later than yesterday," said Kayser, who had carefully driven her bus route in a few inches of fresh snow. It is up to her to pay scrupulous attention to the road while Prokovich keeps the children quiet and involved.

"I drove before, for six years," said Prokovich. "But I like more involvement with the children."

"I enjoy the closeness with them. The kids are really a lot of fun."

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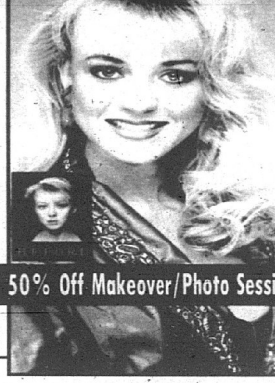
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Power talk — Illinois Power's Capt. Volant visited Prather School last week to teach the students how to be safe around electricity and natural gas. In top left photo, Zachary McElroy touches a plasma globe. In top right photo, Capt. Volant lets second grader Emanuel Moore experience what natural gas smells like. In middle left photo, Capt. Volant turns students into an electrical plant to light the light bulb in his hand; from left, Kenneth Maxey is the furnace, Thomas Parker the turbine and Mary Hutchinson the generator. In middle right photo, Capt. Volant helps first grader Brandon Bartley help him with a magic trick. In bottom left photo, second grader Jamie Diak touches the plasma globe as Capt. Volant looks on.



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(Staff photos by
PAM DOEPKE-HURD)



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Teacher doubles as disc jockey at WIL

By Martin Richter
Staff writer

Many people know lifetime Collinsville resident Paul Muniz — teacher, freshman baseball coach at Collinsville High School, husband and father of three sons.

A heck of a lot more people know the voice of Paul Jeffries, which rides the airwaves of St. Louis's premiere country radio station, WIL, into the homes of thousands of area residents on Saturday mornings.

But not very many people know that Paul Muniz and Paul Jeffries are one and the same. The name Jeffries came from my youngest boy. He was born in '79," Muniz said during a recent interview at WIL's studio on the eighth floor of the Missouri State Bank building in downtown St. Louis.

"When I came here they said 'Muniz. That just doesn't flow. You need a name people can identify with."

"Jeffrey was just born, and I said, 'How about Paul Jeffries?' And my boss said, 'Hey, I like that."

Muniz, 42, is near the top of the heap in St. Louis radio. WIL is the top-rated music station during his Saturday shift from 6 a.m. to 11 a.m., ranking behind only AM talk radio giant KMOX overall, according to the spring Arbitron numbers. He works in a state-of-the-art computerized studio with all the most advanced equipment.

But things haven't always been that way. Muniz got his start in radio in the early 1970s while he was a student at Illinois State University.

He worked at the two campus stations, spinning rock 'n' roll on WGLT-AM and reading news and playing classical music on the station's FM side.

He also worked part time for WJBC-WBQ in Bloomington — the station featured adult contemporary music and local news and sports — and he even did some play-by-play basketball coverage.

During the summers, he worked part-time at WMRV, located at the Shrine of Our Lady of the Snows in Belleville. After graduating from ISU in 1972, Muniz quit radio and took a job as a teacher in the Melville, Mo., School District.

But in the late 1970s, he earned a master's degree from Southern Illinois University at Edwardsville and decided to get back into radio. He "got my feet wet again" at WIBV in Belleville, where he worked for five years, and also did a brief stint at St. Louis' KADI-AM, spinning oldies.

When KADI got rid of its entire AM radio staff in 1980, Muniz began making the rounds of St. Louis-area radio stations looking for a new part-time job.

"WIL was the last on my list, because at the time I was younger," Muniz said. "I didn't want to play country, you know, I wanted to play rock 'n' roll."

"But I think (being hired at WIL) was the best thing that ever happened to me," he said. "I really think I've got the best part-time radio job in St. Louis."

Muniz works Saturdays as a teacher during the week at Oakville High School in Missouri. During the summer, he often fills in for other WIL disc jockeys on vacation.

Muniz admits that the first time he saw a country record at the studio labeled "J. P. Fricke," "I didn't know if it was a girl or a guy."

But he said he made it a point to learn as much as he could about country music. Over the years he's met plenty of stars personally, from Billy Ray Cyrus to Charlie Daniels, Crystal Gayle, Anne Murray, Brooks & Dunn and Conway Twitty.

Muniz said radio has never seemed like work to him. "It's unusual. It's not a job every Tom, Dick and Harry has," he said. "It is work, though. A lot of people don't realize that you're talking to people off the air, getting things ready, and the work you do before you come on the air... That's where experience comes in, being able to do all this and sound like you're just sitting back and enjoying the music."

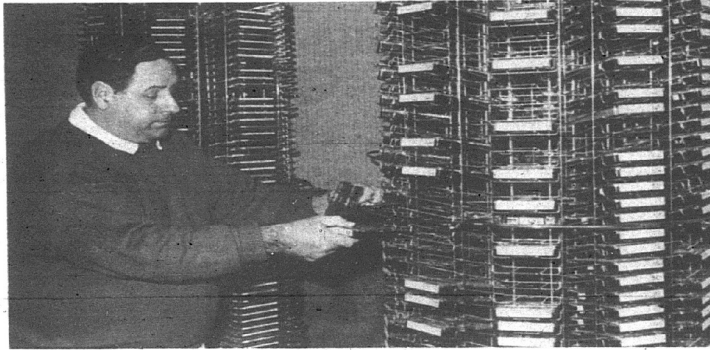
Muniz said WIL's program director once told him, "What you've got to keep in mind is every time you open your microphone, you're talking to a microphonically, because basically that's how many people are listening."

Muniz agrees. "But at the same time, when you open the mike and talk on the air, you don't talk to a group. I'm talking to one person. Because they're normally at home with their radios on doing their work, or in their car..." Muniz said.

"You have to get used to walking into a room and talking to yourself, and making it sound like I'm talking to you right now, conversational, personal."



Paul Muniz does some announcing during a recent basketball tourney at Collinsville High School.



(Staff photos by JOHN SWISTAK JR.)

Muniz takes taped commercials from a carousel at WIL during his Saturday morning stint at the station. The Collinsville resident — whose radio name is Paul Jeffries — is on the air from 6 to 11 a.m. Saturdays.



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Consider how precisely He maneuvers season after season. How He makes the flowers to bloom, the trees to bud, the sun, shine and rain. If He is so greatly concerned about the earth He created, how much more is He concerned about you.

He made us in His own image. Think of it within us that we might enjoy His presence at all times. We are His "temple" (1 Cor. 3:16). He built us for His occupancy. We should remember as He walks and talks with us in our daily lives, that He said, "I will never leave thee, nor forsake thee." (Heb. 13:5).

To live a full rich life, we must give ourselves to Jesus Christ now. We have to turn our lives over to Him. We have to learn to praise God in whatever situation we are in. Then, we will know the meaning of having life and having it more abundantly. Have a real good spirit filled day.

\$110,508 in U.S. refunds awaits district taxpayers

The Internal Revenue Service has \$110,508 in federal tax refund checks waiting to be claimed by 400 Springfield District taxpayers.

Daniel L. Black Jr., Springfield District Director, said, "The average unclaimed refund is \$276. However, regardless of the size of the refund, we are anxious to see that the checks are given to the rightful owners."

According to Black, the most common reason for the undeliverable checks is that many people move and do not leave forwarding addresses with the post office. Also, people marry and change their names and addresses. Sometimes the handwriting on a tax return is simply illegible.

Black said, "The best way to avoid misdirected refund checks is to use the peel-off label found in the tax package when you complete your return. Another solution, which totally eliminates this problem, is our electronic filing system. With electronic filing, people can have their refunds directly deposited into their savings or checking accounts."

People whose names appear on the list are encouraged to call the IRS as soon as possible. You can call (toll-free) 1-800-829-1040, 8:30 a.m. to 4:30 p.m., Monday through Friday. A tax professional will advise you of the procedures for claiming the refund check. Be prepared to provide the name and address as it appeared on the return, the actual name and address (if different), the social security numbers(s), and the type of form filed.

Local residents with checks waiting to be claimed include: ALORTON — Patricia L. Buchanan and Charles W. Shannon. BELLEVILLE — Donald L. and Susan E. Blumhorst, David Olmstead, Christina J. McGee, Michael W. Lane, Chris Koch Callahan, Nadine J. Ryan, Jeffrey S. and Cheryl Bauman, John W. Alanna Kirchoff, Jürgen F. and Marie E. Seidel, Berda M. Williams, Kimberly S. Stewart, Miki M. Schoate, Tanya R. Page and Grady Jackson.

CAHOKIA — Michael Brooks, Christine E. Gulley, Donald L. Henderson and Jeff A. Price. CASEYVILLE — Chad A. Elmore and Angela L. Graham. COLLINSVILLE — Timothy W. and Mary Meredith, Maxine Reid and Shelly Harbour.

DUPO — Edward B. Hargrove. EAST ST. LOUIS — Theaha V. Smith, Eddie Wilson, Victor Collins, Terry Cannon, Emmet T. Sargent, Beverly Lewis, Carol Phillips and Garry Pennix.

EDWARDSVILLE — Lori Taylor, Thomas Potthast, Michael and Barbara Gillespie and Christopher J. Leone. FARMINGTON CITY — Jose Jaime and Lisa Otero.

GRANITE CITY — Patricia Hagen, Debbie Moore, Kathleen E. Kalchoff, Frederick T. Hoffmann, Leonard Harper, Dean L. Culver and Chris H. Shorey.

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Women of Achievement

Nominations are now being accepted.

The Suburban Journals and KMOX Radio are proud to sponsor the 38th Women of Achievement Awards.

We invite your nominations for women who have made a commitment to serve the communities in the St. Louis area and whose efforts have improved the quality of life for those around them.

A committee of community leaders and former Women of Achievement will choose 10 honorees to be recognized at the Women of Achievement luncheon in May. Nominations should include the nominee's full name, address and phone number; information on her achievement; support letters from the organizations she serves, if possible; and your name, address and telephone number.

Nominations must be postmarked by Monday, March 1, 1993
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Gospelfest audition deadline is extended

The deadline for auditions for the 1993 McDonald's Gospelfest, sponsored by the Suburban Journal, has been extended to Feb. 8. Organizers are seeking gospel singers, choirs and groups.

The Gospelfest, a celebration of the gospel music of the St. Louis and Metro East areas, will use the theme, "Let's Build a Bridge." Proceeds from the March 20 performance at the Fox Theatre will be used to make grants to local non-profit organizations.

Audition times are limited. Applications will be accepted on a first-come, first-served basis with quotas in each music category. A maximum of 200 soloists will be allowed to audition, with a limit of 80 choirs and 50 small groups.

Soloists who wish to audition must submit a three- to five-minute cassette recording, along with the application form. All tapes must be labeled with the name of the performer, name of selection being performed and the performance category. Soloists are required to perform the same song that is on the submitted tape.

Applications should be mailed to: McDonald's Gospelfest, P.O. Box 997, St. Charles, 63302-0997. All applications must be received by Feb. 8. The postmark on the application will be the deciding factor in choosing quotas.

Auditions will be Feb. 19 through 21 at Union Station. Applicants will be notified in writing as to the time and

Soloists who wish to audition must submit a three- to five-minute cassette recording along with the application form. All tapes must be labeled with the name of the performer, name of selection being performed and the performance category.

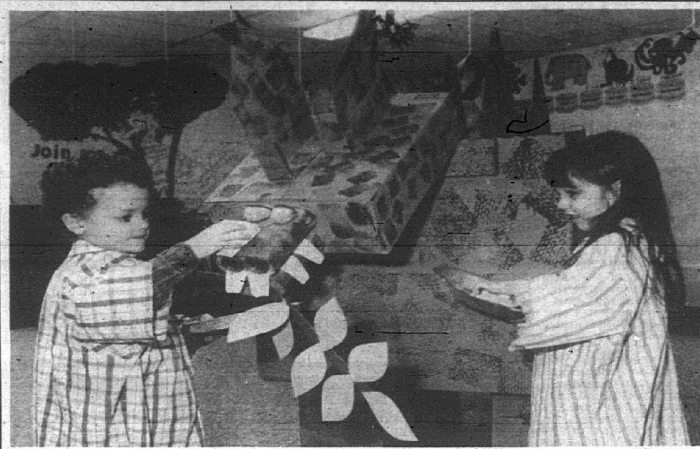
details of the audition.

Each applicant will receive a postcard acknowledging receipt of the application and stating its status.

All finalists who are invited to participate in the McDonald's Gospelfest performances will be notified in writing by March 1.

There will be two performances at the Fox Theatre on March 20 — a 3 p.m. matinee and an 8 p.m. evening performance. Tickets are \$10, \$15 and \$20 and are available at the theater and through Metrotix. Discounts are available.

The McDonald's Gospelfest information number is (314) 436-7206.



(Staff photo by JOHN SWISTAK JR.)

Dinosaurs — Five-year-old Amanda Yarbrough of Granite City, right, and Kyle Durbin, also 5, of Edwardsville put the finishing touches on a Stegosaurus made from cardboard boxes at the Learning Tree Preschool in Collinsville. Students built two dinosaurs during a study of the ancient animals.

New bridge called major need

By Basil Chlason
Correspondent

Crossing the Poplar Street Bridge into St. Louis will become a gridlock nightmare with more than 70-minute delays unless a new downtown river bridge is constructed in the next 15 years, says a representative of the Illinois Department of Transportation.

Dale Klohr, district engineer with IDOT, was the featured speaker at the monthly meeting of the Southwestern Illinois Council of Mayors on Jan. 27 in Columbia. He said the problems that point to the need for a new river crossing go far beyond the inconvenience of traffic congestion.

"Whether we like it or not, our ability to survive economically, culturally and in every other way, is to a major extent, tied to the west side of the river," Klohr said. "Our ability to cross that river has a major impact on the economy of the area."

Klohr outlined the status of the various river bridges starting with the recently completed Jefferson Barracks Bridge into South County.

"The southern region of Illinois is really set well for the future with the Jefferson Barracks Bridge," Klohr said. "There are currently three lanes in each direction and it can accommodate up to five lanes in each direction."

To the north, Klohr said, the Clark Bridge in Alton is scheduled for completion in December of this year. The 4500-foot, four-lane, cable stay bridge will be unique in the region, Klohr said. "We're in good shape to the

north and south," Klohr said. "But after that you look at the downtown area and the picture really deteriorates."

The Eads Bridge is closed to traffic but is slated for repair in the near future, Klohr said. The Poplar Street Bridge, at 120,000 cars per day, is far beyond its design capacity now, and the McKinley Bridge is in need of extensive repairs, he added.

The precise location of the new river bridge is the subject of an ongoing study by IDOT. Klohr said, and the selection process has narrowed the choice to one of two sites. The first site south of downtown would begin at Mousette Lane and Interstate 255 in Cahokia just north of the Bi-State Airport and would cross the river connecting to I-55 and I-44 midway between the Poplar Street Bridge and the I-55 and I-44 merge.

The second potential site for the new bridge is north of downtown and would connect with I-64 in Illinois, cross the river at National City, and tie in to I-55 and I-70 in Missouri at Cass Avenue.

"The decision-making process is a long one," Klohr said. "But, if everything goes smoothly, we could have a new bridge in place in nine to 11 years; so keep your fingers crossed."

Klohr said that public meetings would be held in May to solicit input from the public and

to present more detailed engineering drawings and environmental impact studies.

Contract let on unit at Alton center

Design work for a 100-bed unit at Alton Mental Health Center could take a year.

The \$500,000 contract for the planning and design of the building awarded to AAI Campbell Associates, a Collinsville firm, is expected to take about a year to complete, said Mia Jazo, spokeswoman for the state Capital Development Board, which awarded the contract.

Jazo said the Department of Mental Health and Developmental Disabilities plans to request about \$13 million to construct the new building at Alton.

Even if the construction funds are not approved for the next fiscal year starting July 1, the Collinsville firm could proceed with up to 95 percent of the design plans. The plans would then be ready in case there is construction money a year later, Jazo said.

The proposed new building would replace the 59-bed Linden Cottage, now used for forensic patients, those sent there by the courts for committing criminal offenses.

Linden has had a troubled history, with three suicides in recent years.

There have been requests in previous years from the department for a new building to replace Linden at Alton but it was not included in the governor's budget request.

Department forensic director Mike Howie said Linden Cottage is "a very old building and a difficult building to observe people in."

Application for McDonald's Gospelfest

Name of soloist or group (if applicable):

Group Category: ☐ Soloist ☐ Small Group (2-12 members)

☐ Choir (13 or more members) Adult and youth choirs

Performance Category: In order to allow for effective evaluation, performers will compete in different musical categories. Check the category that best describes your musical style.

☐ Contemporary Gospel ☐ Traditional Gospel

☐ Southern & Country Gospel

If group, name of designated spokesperson (This individual must have the authority to represent the group in the decision-making process.):

Telephone number of soloist or group spokesperson:

Daytime () Evening ()

Address of soloist or group spokesperson:

City State ZIP

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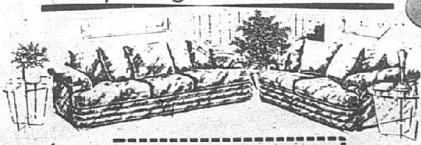
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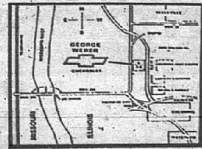
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More Public Aid caseworkers not on the way, agency says

Last of seven parts:
SPRINGFIELD — Public Aid employees' complaints about excessive caseloads and unproductive paperwork are apparently falling on deaf ears. More caseworkers are not on the way, Department of Public Aid spokesman Dean Schott said, although final decisions on the agency's proposed budget for the fiscal year beginning July 1 haven't been made yet.

"I would not anticipate we will be hiring more caseworkers," he said.

The layoffs of at least 300 front-line field office workers statewide, including six at the East Alton office, resulted in caseloads "that were not increased that dramatically," Schott contended.

For example, the target caseload for Downstate caseworkers processing Aid to Families with Dependent Children benefits is 280, compared with 251 before the December layoffs, Schott said. Caseworkers said the number is often much higher.

East Alton Public Aid

employees have complained they are so overwhelmed with checking computerized lists for errors and other forms that they have little time to serve those on welfare.

But Schott said, "Our client surveys indicate 90 percent seem satisfied with the level of service in that office."

Caseworkers contend error rates in processing claims are increasing because of the staff cuts, but Schott said the most recent six-month federal error-rate report ending Sept. 30 showed "rates have stabilized and in some cases declined."

He admitted the potential impact of the December layoffs would not be reflected until the next six-month report. High error rates can result in the federal government withholding welfare payments to the state.

According to the president of American Federation of State, County and Municipal Employees Local 2000, which represents non-management Public Aid workers, department Director Phil Bradley has

refused to consider shifting money to recall some laid-off workers.

Union chief Max Liberles said he thought at least \$4 million in the agency's budget for contracts wasn't needed.

But he claimed Bradley "said he wouldn't shift money and there was no reason even to talk about it and, if he recalled people, he'd just have to lay them off in June (the start of the fiscal year)."

Rep. Tom Ryder of Jerseyville, chief sponsor of the Public Aid budget in recent years, said it was unlikely caseloads could be reduced. "The impression I get from the governor's office is that, if there is any extra money next (fiscal) year, they intend to use it to pay back bills rather than to reinstate people," he said.

East Alton caseworker Phil Fulham of Belleville said he was not surprised caseworker complaints got little sympathy.

"When it comes right down to it, the state's broke and the politically correct thing to do is cut welfare. When the average taxpayer hears the word welfare, he doesn't like it."

But caseworker Bill Tope of Glen Carbon contends the budget cuts defied common sense. "Common sense would indicate that fewer employees would demand fewer managers."

Public Aid is not like a private company, where layoffs are often followed by cuts in production, he said.

"The growing tide of welfare recipients will not likewise be stemmed and, regardless of whether the local offices are adequately staffed or severely

undermanned, these persons expect to receive their benefits on time and in full."

Laid-off East Alton caseworker John Lazor, who started with Public Aid in January 1991 after retiring from 20 years in the military, said the experience left him frustrated.

"I had a lot of clients I got to

know. They're a lot of people who need help, but what is going on is to their detriment."

"The caseloads were astronomical. I had 285 at one time, and that's too much when you're trying to help people. You can't do the work you're supposed to do," he said.

— From the Alton Telegraph

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Wearable Art event this weekend

The fourth "Wearable Art Fashion Event" is coming to the area Saturday and Sunday, Feb. 6-7, at the Gateway Center in Collinsville. A total of 100 creative designers will be selling their own creations of wearable art fashions between 10 a.m. and 5 p.m. Saturday and 11 a.m. to 5 p.m. Sunday. Fashions and accessories will be modeled both days.

"One hundred incredibly talented exhibitors are creating from head to toe, gorgeous, fun, unique clothing and accessories, infants and children clothing and even doll clothes," said Bonnie Friess, coordinator of the event.

Admission is \$2 for all ages. For the customer's safety, no baby strollers will be allowed.

For more information, contact Bonnie Friess at 235-0364.

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State pensions among most underfunded, Netsch reports



Michael Mecava

Mecava honored by U.S. agency

Michael L. Mecava of Granite City recently received a Special Act Award from the Defense Mapping Agency Aerospace Center.

This award is given to Mapping Agency employees whose special actions have contributed significantly to agency operations.

Defense Mapping Agency and its Aerospace Center in St. Louis provide worldwide mapping support for the Department of Defense.

SPRINGFIELD—Illinois state pension systems are among the most underfunded in the nation, and lawmakers should stop raiding them, Comptroller Dawn Clark Netsch says.

A 1990 state law that Netsch sponsored as a state senator required an increase in funding of the pension systems over a seven-year period.

Instead, the law has been ignored by the Legislature and the governor. In the fiscal year ending June 30, 1992, the systems were underfunded by \$223 million in comparison with increased liabilities, according to a Netsch report issued Monday. The comptroller distributed the

report before lawmakers were expected to act on proposed pension legislation.

As of June 30, the combined state pension systems had assets of about \$17 billion and liabilities of more than \$20 billion, a 57-percent funding ratio, down from more than 61 percent four years earlier, the report said.

Netsch said a 1992 study of funding levels for state retire-

ment said Illinois ranked near the bottom compared with other states. Illinois had the fourth largest deficit in dollar amount, exceeded only by Massachusetts, Michigan and Louisiana. Illinois was third among the 50 states in ratio of assets to liabilities in the study done by Wilshire Associates Inc.

"While it is understandable during the current fiscal and

budget crises to want to cut pension funds, we must remember it was the fiscal crisis in 1982 that led to cuts in pension contributions, starting us down the road to the severe shortfall we now face," Netsch said.

"These obligations will not suddenly go away. The governor and the Legislature have been shirking this quintessential obligation for too long," Netsch add-

ed. "For the sake of our grandchildren, who at this rate will be stuck with the bill, the time has come for responsible action," she said.

The Teachers Retirement System was the healthiest of the five state systems as of June 30, the Netsch report said. It had assets representing 58.9 percent of liabilities.

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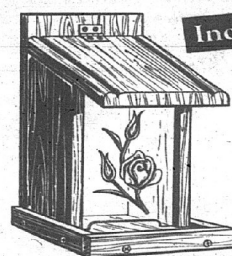


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Paperwhite and Amaryllis bulbs have long been favorites for brightening the doldrums of winter. They are both easy to grow and stunning to look at.

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To grow Paperwhites in pots without drainage holes.
1. Place 1" to 2" of washed gravel or small stones in the bottom of your pot.
2. Place the bulbs on the gravel or stones.
3. Fill in enough gravel or stones around the bulbs to hold them in place.
4. Water the bulbs. Make sure water only comes up to the level of the base of the bulbs. Do not let the bulbs stand in water - only their base should be covered.
5. Maintain this water level.

Amaryllis

Amaryllis bulbs produce large, colorful blooms in about 5 to 7 weeks, and are sold in kits that include complete instructions. Here are a few tips for successful planting.

1. If you won't be planting the bulb immediately after bringing it home, store it in a cool area of about 50°F.
2. Before planting, place the bulb's dangling roots in lukewarm water for several hours.
3. Choose a pot slightly larger than the diameter of the bulb. When planting, about one third of the bulb should rise above the rim of the pot.
4. Be sure to leave enough room in the pot for watering.
5. Water sparingly until the bud and part of the stem have developed. Then water more frequently.
6. Amaryllis grow faster in warm temperatures, so place your bulb in direct sunlight.

Paperwhites

Paperwhites are foolproof: even the least experienced gardener can coax gorgeous, plentiful blossoms.

These pretty bloomers produce an array of graceful, showy blooms that add fragrance to any

home in just 30 days after planting. Just follow these easy tips and then follow directions for pots with or without drainage holes.

Choose a 3" to 4" deep pot. Paperwhites will flower under almost any light condition; but for best results, place them in a well lighted window area until they start to bloom. At that time, remove them from direct sunlight and place in a cool area of your home.

To grow Paperwhites in pots with drainage holes:

1. Plant bulbs in a well drained potting medium. The top of bulb should be even with the rim of the pot.
2. Water thoroughly.
3. Keep moist.



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Obituaries

Raymona Fryntzko

Raymona C. (Carl) Fryntzko, 64, of Granite City died at 4:40 a.m. Tuesday, Feb. 2, 1993, at St. Elizabeth Medical Center, where she had been a patient for two days.

Born in Fort Worth, Texas, on June 14, 1909, she had been a resident of Granite City for 44 years.

She was employed as a third-grade elementary teacher for 35 years at Washington School in Granite City School District 9. She was a member of Niedringhaus United Methodist Church and Phi Kappa Sorority.

Survivors include her husband, Carl Fryntzko of Granite City; and two cousins, Robert Werten of St. Louis and Art Werten of Washington, D.C.

She was preceded in death by her parents, Henry and Elizabeth (Ray) Carl.

Visitation will be held from 4 to 8 p.m. today at Thomas Memorial Mortuary, 2205 Pontoon Road, Granite City, where services will be held at 10 a.m. Thursday, with the Rev. Ralph Toffen officiating. Burial will be at Jefferson Barracks National Cemetery, St. Louis County.

Memorials are suggested for Niedringhaus United Methodist Church.

Becker

(Continued from Page 1A)

After graduating from Granite City High School in 1946, he entered the U.S. Marine Corps. He was discharged two years later as a corporal.

He then worked for the Castings Division of General Steel Industries in Granite City, McDougal Douglas Aircraft Co. and Granite City Steel.

He joined the U.S. Army during the Korean War, serving from 1950 to 1952, when he was discharged as a first sergeant.

He later worked at Dow Chemical Company's rolling mill in Madison.

Becker rose through the ranks at Local 4804 and held his first union office in 1955. He became president of the local in 1960.

He was appointed a USWA staff representative in 1965 to handle assignments in Granite City. He moved to the union's Pittsburgh headquarters in 1975 as a staff technician in the Safety and Health Department.

Becker became Williams' administrative assistant in 1977. When Williams was elected international secretary.

Williams became the fifth president of the international union in 1983 following the death of USWA President Lloyd McBride, a former St. Louisan, and was re-elected in 1984, '85 and '89.

Prior to leaving Granite City, Becker was involved in a number of civic activities, including the United Fund and United Way campaigns and the Granite City Board of Fire and Police Commissioners.

He was appointed in 1972 by then-Gov. Richard Ogilvie to the 15-member Occupational Safety and Health Advisory Committee for Illinois.

Becker served on an ad hoc committee in 1973 — also by appointment by Ogilvie — to try and split the former East Side Devel and Sanitary District along the Madison-St. Clair county line.



Ophia Smith

Ophia I. (Winters) Smith, 69, of Granite City died after a lengthy illness at 6:50 a.m. Tuesday, Feb. 2, 1993, at St. Elizabeth Medical Center, where she had been a patient for one month.

Born in Erin, Tenn., on April 20, 1923, she had been a resident of Granite City for 30 years. She was a homemaker and was of the Baptist faith. She was a former member of the Rebekahs.

Survivors include her husband, Junior Smith of Granite City, whom she married Jan. 17, 1959, in Granite City; a daughter, Brenda Fox of Granite City; two brothers, Jesse Winters of Granite City and Andrew "Leaton" Winters of Palmyra, Tenn.; and two grandchildren.

She was preceded in death by her parents, Edward and Sally (Bobbie) Winters; and three brothers, Luther "Ben" Winters, William "Bill" Winters and Lester Winters.

Visitation will be held from 4 to 8 p.m. Thursday and from 8 a.m. to 1 p.m. Friday at Thomas Memorial Mortuary, 2205 Pontoon Road, Granite City, where services will be held at 1 p.m. Friday, with the Rev. Kenneth Miller officiating. Burial will be at Lake View Memorial Gardens, Bellevue.

Orville Kinworthy

Orville Kinworthy, 83, of Collinsville, formerly of Iowa and Chicago, died Saturday, Jan. 30, 1993, at Collinsville Care Center.

Born in Iberia, Mo., on Feb. 28, 1909, he was past executive director of the Mount Pleasant, Decorah, Spencer and Newton, Iowa, Chambers of Commerce.

Retired owner of the OK Restaurant in Mount Pleasant, he also had been assistant manager of the Forum Cafeteria in Chicago.

He was a 36-year member of the Kiwanis and a member of First United Methodist Church in Collinsville.

Survivors include his wife, Rachel E. (Edgerton) Kinworthy of Collinsville; two sons, Harold D. Kinworthy of Zionville, Ind., and Marshall W. Kinworthy of Erie, Pa.; three daughters, Norma Jean Wilson of Midwest City, Okla., Judith A. Kinworthy of Collinsville and Janis Rae Wivell of Mooropna, Australia; a sister, Edith Shelton of Granite City; 10 grandchildren and 10 great-grandchildren.

He was preceded in death by his parents, William Riley Kinworthy and Ardella (McKee) Kinworthy; a brother, Charles Kinworthy; and a sister, Mildred Rogers.

Services were held Monday at Herr Funeral Home, Collinsville, with the Rev. Donald Burroughs officiating. Graveside services were held Tuesday at West Branch (Iowa) Cemetery.

Memorials are suggested for the Alzheimer's Association St. Louis Chapter.

Elbert Branch

Elbert Branch, 61, of Madison died at 7 a.m. Saturday, Jan. 30, at Barnes Hospital, St. Louis, where he had been a patient for one day.

Born in Itabena, Miss., on June 18, 1931, he had been a resident of the Metro East area for the past 32 years.

He was employed as a supervisor and worked for the TaraCorp company for 36 years. A veteran of World War II, serving in the U.S. Navy, he was a member of the Canaan Galilee Baptist Church, Madison.

Survivors include his wife, Thelma Branch of Madison; five sons, Philip Sanders of Columbus, Mo., Alexander Branch and Myron Branch, both of Madison, Melvin Branch of Mascoutah and Edmund Branch of Phoenix, Ariz.; six daughters, Lenell Sanders of Pontoon Beach, Linda Sanders of St. Louis, Margaret Dozier of Edwardsville, Alva Mosby and Ernestine Branch, both of Pontoon Beach, and Brenda Branch of St. Louis; two brothers, Robert Branch of Brooklyn and Melvin Branch of Sioux City, Iowa; a sister, Ruthel Bailey of Madison; 18 grandchildren and six great-grandchildren.

Visitation will be held from 3 to 4:30 p.m. today at Officer Funeral Home, 2114 Missouri Ave., East St. Louis, and from 5 p.m. until 7 p.m. today at Canaan Galilee Baptist Church, Madison, where services will be held at 7 p.m. today, with the Rev. W. H. Hefley officiating. Burial will be Thursday at Jefferson Barracks National Cemetery, St. Louis County.

Mabel Maixner

Mabel L. (Black) Maixner, 77, of Granite City died at 11 a.m. Sunday, Jan. 31, 1993, at St. Elizabeth Medical Center, where she had been a patient for four weeks. She had been ill for five years.

Born in Granite City, she was a lifelong resident and a homemaker.

Surviving are many nieces and nephews including Ron Ely of Granite City, and a great-nephew, Nik Ely of Granite City.

She was preceded in death by her parents, Thomas and Mary (Sweider) Black; a brother, Arthur Black; and seven sisters, Gertrude Durest, Margaret Lerch, Alberta Chris, Virginia Meek, Genevieve Grady, Mary Black and Caroline Ely.

Services were held Tuesday at Davis Funeral Home, Granite City, with the Rev. Lewis Trotter officiating. Burial was at St. John Cemetery, Granite City.

Geraldine Simpson

Geraldine Simpson, 82, of Granite City, formerly of Grafton, died at 12:20 a.m. Monday, Feb. 1, 1993, at St. Elizabeth Medical Center, Granite City.

Born in Brighton, Ill., on March 20, 1910, she was a homemaker and a member of First Presbyterian Church in Brighton.

Survivors include her daughter, Ruth Todd of Granite City; a sister, Josephine Heideman of Brighton; three grandchildren and three great-grandchildren.

She was preceded in death by her husband, Casper Wesley "Wally" Simpson, whom she married Jan. 16, 1930, in Brighton and who died Sept. 22, 1990; her parents, John and Nelle (Cairns) Hutter; and one sister, Marion Bott.

Services will be held at 10 a.m. today at Targhetta Funeral Home, Brighton, with the Rev. Simon A. Simon officiating. Burial will be at Brighton Cemetery.

Memorials are suggested for First Presbyterian Church, Brighton.

Hazel Thing

Hazel Nora (Currie) Thing, 73, of Staunton, formerly of Granite City and Mount Olive, died at 2:54 p.m. Sunday, Jan. 31, 1993, at St. Francis Hospital, Litchfield, Ill.

Born in Divernon, Ill., on Oct. 10, 1919, she was a homemaker and a member of First United Methodist Church in Mount Olive. She was employed as a nurse's aide at Staunton Hospital.

Survivors include four daughters, Rosalie Griffey of Granite City, Hazel Daley of Florissant, Mo., Georgia Odorizzi of Staunton and Susan Best of Mount Olive; a son, Richard Thing of Jackson, Ill.; three sisters, Mary Ellen Fisher of Morton Grove, Ill., Dorothy Tarnowski of Alabaster and Nellie Anderson of Skokie, Ill.; a brother, William Currie of Chicago; 17 grandchildren and 12 great-grandchildren.

She was preceded in death by her husband, George Edward Thing, whom she married Dec. 30, 1938, in St. Louis and who died Aug. 31, 1953; her parents, William and Nora (Johnson) Currie; three brothers, George, Chester and Leroy Currie; and her grandsons, Daniel Odorizzi and James Griffey.

Services will be held at 11 a.m. today at Becker and Sons Funeral Home, Mount Olive, with Hazel Daley speaking. Burial will be at Union Miners Cemetery, Mount Olive.

Memorials are suggested for First United Methodist Church, Mount Olive.

Sister L. Crimmins

Sister Lorraine Crimmins, 87, of O'Fallon, Mo., formerly of Madison, died at 8 a.m. Sunday, Jan. 31, 1993, at the Most Precious Blood Convent, O'Fallon, Mo.

Sister Crimmins was a graduate of St. Elizabeth Academy, St. Louis, and was an educator. She entered the convent in 1926.

Survivors include three sisters, Sister Maureen Crimmins of Springfield, Ill., Bernice Crimmins of Madison and Margaret Crimmins of Granite City; a brother, Robert Crimmins of Tooele, Utah; and several nieces and nephews.

Mass will be celebrated at 11 a.m. Thursday, Feb. 4, at Most Precious Blood Convent, O'Fallon, with burial following. Memorials are suggested for Most Precious Blood Convent, O'Fallon, Mo.

Barbara Kraus

Barbara Mae (Hardas) Kraus, 52, of Granite City was pronounced dead at 6:45 a.m. Monday, Feb. 1, 1993, at her home. She had been ill for six months.

Born in Tovey, Ill., on Aug. 12, 1940, she had been a resident of Granite City for 35 years. She was a dietitian for 28 years at St. Elizabeth Medical Center, Granite City, and had been on disability since November 1992. She was of the Methodist faith.

Survivors include two sons, Christopher and Jeffrey Kraus, both of Granite City; four sisters, Connie Clayton of Seymour, Tenn., Linda Burkstrand of Omaha, Neb., Peggy Heard of Pontoon Beach and Darlene Moore of Prairie du Rocher; a brother, Phil Hardas of Fairmont City; and her mother, Mae Provo of Granite City.

She was preceded in death by her father, Phil Hardas.

The family will receive friends from 9 p.m. to 10 p.m. Thursday at Werner Chapel for Funerals in Pontoon Beach. A memorial service will be held at 10 p.m. Thursday at Werner Chapel.

As she requested, her remains were donated to St. Louis University. The family suggests memorials to Hospice.

Viola Smith

Viola Smith, 84, of Carlsbad, N.M., formerly of Granite City, died Tuesday, Dec. 1, 1992, at Lakeview-Northgate, Christian Home, where she had been a resident for two years.

Born in Granite City on June 10, 1908, she retired from the U.S. Army Mobility Command after 26 years of federal service and moved to Carlsbad 19 years ago. She was a member of Central Christian Church, Guadalupe Medical Center-Auxiliary and Carlsbad Woman's Club.

Survivors include her son, George Roe Shafer II of Carmichael, Calif.; two nephews, Ray Williamson of Granite City and Jerry Williamson of St. Louis; and one grandchild.

She was preceded in death by her husband, John A. Smith, who died in 1984.

Funeral services were held Thursday, Dec. 10, at Central Christian Church, Carlsbad, with the Rev. John Catlett officiating. Arrangements were by Denton Funeral Home, Carlsbad.

Memorials are suggested for the Building Fund of Central Christian Church, 305 N. Oak, Carlsbad, N.M. 88220.

Ballot

(Continued from Page 1A)

Monday morning were:

Ward 1 alderman (four-year term) — incumbent Casmer Kirby and challenger Shirley Valencia.

Ward 1 alderman (two-year term) — William Weller and Bob Page.

Ward 2 alderman — incumbent Craig Tarpooff and former alderman Virgil Kambarian.

Ward 3 alderman — Nick Mitlovich and Nick Petrillo.

Ward 4 alderman — Foster Freddie Frederick and former alderman Emerald Dawes.

Ward 6 alderman — incumbent Judy Whitaker and Sandy Shaw.

Ward 7 alderman — Alan Milton and Kim Affolter.

Eddie Asadorian will have his name listed first among 5th Ward alderman candidates, as he filed his petitions immediately after the simultaneous filings, but prior to any of the six other candidates who have picked up petitions for that office.

Current City Treasurer Gail Valle also filed petitions after the simultaneous filings. No other candidate had picked up petitions for that office.

No candidate had yet filed for the position of township supervisor. Incumbent Nelson Hagnauer was the only candidate who had picked up petitions to run for that office.

In the 3rd Ward, Thomas Nash filed petitions after the simultaneous filings. His name will appear third on the ballot.

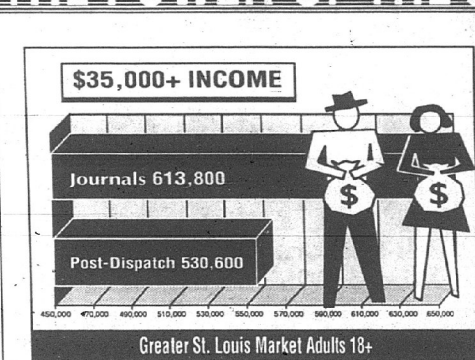
Other candidates filing after the simultaneous filings were Brad Eavenson for 6th Ward alderman, Ray Hoffman for 7th Ward alderman and Terry Zarlingo, 2nd Ward alderman.

Monday, Feb. 8, is the last day a candidate may file petitions to have his or her name appear on the ballot.

The lottery must be held within nine days of the filing deadline, Stevens said.

Candidates have until Feb. 15 to withdraw their names from the ballot.

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BAC study points out stress from overcrowding

An in-house examination of Belleville Area College strengths and weaknesses done in preparation for an accreditation review, points out that facilities may be under stress because of overcrowding.

A self-study of the college, performed by a special committee of about 50 administrators, faculty and staff members, was presented to the board at last Wednesday night's meeting.

The study was done in preparation for a visit from the North Central Association in March. The association certifies the junior college to transfer credits to other colleges and universities.

The study cited several strengths and weaknesses of the colleges.

One concern pointed out in the document is that facilities, personnel and equipment are being over extended because of

increased enrollment in the last few years, said BAC President Joe Cipri.

"Certainly we realize the situation even before the study," Cipri said. "We understand the need for growth."

The college has a total of 15,714 students enrolled district wide for a total of 110,762 credit hours.

In 1992, the college voted to purchase two portable classrooms buildings to help cope with the over-crowded conditions at the Granite City Campus.

Senior menus

Donations for noon meals are \$1.75. Call day ahead for reservation, 877-4373.

Wednesday, Feb. 3

Barbecued boneless rib, au gratin potatoes, green beans, wheat bread, applesauce

Thursday, Feb. 4

Salisbury steak, whipped potatoes with gravy, Scandinavian vegetables, wheat bread, brownies.

Friday, Feb. 5

Chicken patty, potato triangles, sliced carrots, bun, tapioca pudding

Monday, Feb. 8

Barbecued beef, baked potatoes, buttered corn, bun, fruit cocktail.

Tuesday, Feb. 9

Beef stew with stew vegetables, sliced beets, biscuits, pear slices.

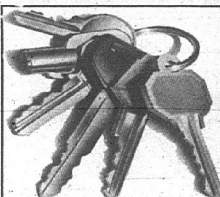
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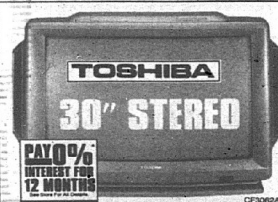
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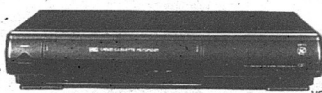


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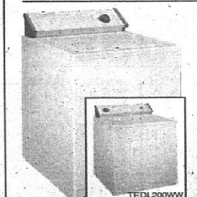
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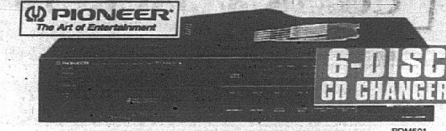
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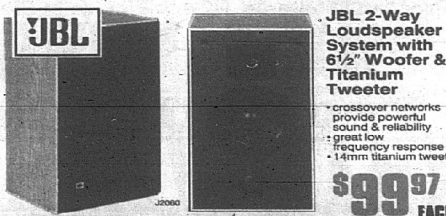
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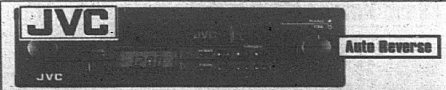
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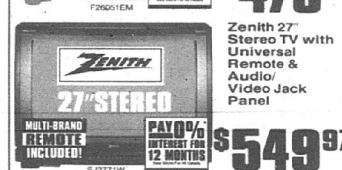
\$349⁹⁷



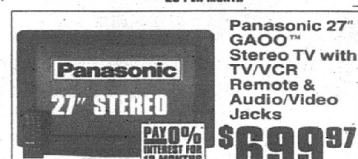
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\$699⁹⁷



\$749⁹⁷



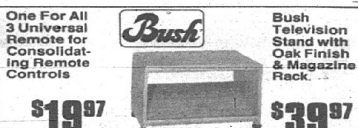
\$229⁹⁷



\$269⁹⁷



\$79⁹⁷



\$39⁹⁷

CHECK OUT OUR SELECTION OF BIG SCREEN TV'S!



Proscan 35" Stereo TV with Picture-In-Picture

- universal remote control
- dbx noise reduction
- surround sound
- 181-channel cable-compatible tuner

\$1799⁹⁷

Projection TV CLEARANCE

Save Now on the Big TV you've always wanted!



FROM... **\$1689⁹⁷**

Brand names, styles and quantities vary by location. Hurry in for best selection.

DEMOS • FLOOR SAMPLES • SCRATCH 'N DENT • ONES-OF-A-KIND



\$599⁹⁷



\$699⁹⁷



\$899⁹⁷



\$1899⁹⁷



\$2499⁹⁷



\$1299⁹⁷



\$1999⁹⁷



\$2699⁹⁷

0% INTEREST FOR 6 MONTHS ON ALL PROSCAN VCRs

*With your Circuit City Card subject to credit approval. No finance charge when paid according to terms. Minimum payments required. If not paid in full in 6 months finance charges will be assessed from the date of purchase. As of 12/1/92, APR is 20.8% on a Circuit City Regular Account. APR may vary. Offer expires 2/28/93.

MAGNAVOX



Magnavox 4-Head VCR with On-Screen Programming

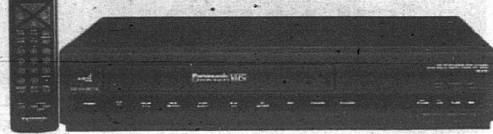
- 181-channel cable-compatible tuner
- 4-event/1-year programming
- digital tracking
- real time counter & time search

4-HEAD VCR!

\$219⁹⁷
20 Per Month

ALL HITACHI, MITSUBISHI, AND JVC VCR'S & CAMCORDERS ON SALE!

Panasonic



Panasonic 4-Head Hi-Fi Stereo VCR with Digital Tracking

- auto head cleaner
- Super VHS Quasi Playback plays S-VHS tapes with standard VHS resolution

HI-FI STEREO

\$299⁹⁷
20 Per Month



JVC VCR with 181-Channel Cable-Compatible Tuner and Auto Head Cleaner

\$239⁹⁷



Mitsubishi 4-Head VCR with 181-Channel Tuner

\$299⁹⁷



RCA 4-Head Hi-Fi VCR with Multi-Brand TV Remote

\$349⁹⁷



Sony 4-Head Hi-Fi VCR with VCR Plus+

\$499⁹⁷



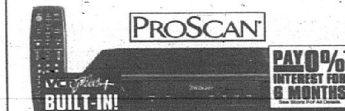
Sanyo 4-Head VCR with VCR Plus+ Programming & TV/VCR Remote

\$269⁹⁷



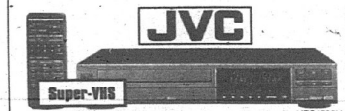
Philips Hi-Fi VCR with Multi-Brand TV Remote Control

\$379⁹⁷



Proscan 4-Head Hi-Fi Stereo VCR with VCR Plus+ Programming with Cable Box Control

\$449⁹⁷



JVC S-VHS VCR with Hi-Fi Stereo Sound & 181-Channel Tuner

\$599⁹⁷



Remote-Controlled Video Cassette Player

\$139⁹⁷



Samsung 13" Combination TV/VCR

\$348⁹⁷



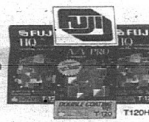
Allsop VHS VCR Cleaner

\$14⁹⁷



Now You Can Program Your VCR in Less Than 3 Seconds!

\$44⁹⁷



Fujifilm 120-Minute Blank Videotape 3-Pack with 2 Standard Tapes & 1 High Grade Tape

\$6⁹⁷ pack



JVC 20-Minute High Grade VHS-C Videotape 3-Pack

\$12⁹⁷ pack



Compact Camcorder Carryall with Waterproof Exterior and Safety Buckles

\$59⁹⁷



Velbon Video-Mate II All-Format Camcorder Tripod with Camera-Safe Mounting Platform & 2-Way, Fluid Pan-Head

\$69⁹⁷



Ambico 15 Watt Camcorder Bracket Light

\$29⁹⁷



Camcorder Batteries From

\$39⁹⁷



JVC Compact VHS Camcorder with 8:1 Power Zoom & Light

- 1 lux low light recording capability
- multiple speed shutter up to 1/4,000 sec.

JVC \$849⁹⁷



Mitsubishi VHS Compact Palmsize Camcorder with 8:1 Zoom

- StableCam electronic image stabilization eliminates picture joggle
- auto-exposure assures perfect picture quality
- 1/4,000 second high speed shutter

\$899⁹⁷



Sony 8mm Camcorder with 10:1 Power Zoom & Remote Control

- tape & battery meter tell you how much tape & battery time are left
- audio/video fader for professional-looking videos
- auto insert lets you add child's age to any scene
- dying erase head for glitch-free editing

\$799⁹⁷



JVC VHS-C Camcorder with Multi-Brand VCR Remote & Sports Viewfinder

- function selector dial
- digital superimposer
- automatic head cleaner
- twilight recording mode for night scenes

\$899⁹⁷



Panasonic Compact VHS Camcorder with Digital Image Stabilization & Remote Control

- 8-function remote with 8:1 digital zoom
- 5 watt light & digital effects
- 1 lux low light sensitivity

\$1199⁹⁷

Limited Quantities



Sony Hi8 Palmsize Camcorder with 8:1 Zoom & 1/10,000 Second Shutter Speed

- Hi8 video system provides more than 400 lines of horizontal resolution
- Hi-Fi stereo sound with a built-in stereo microphone
- digital superimposer with scroll & reverse for professional-looking videos

\$1199⁹⁷

GET ALL YOUR VIDEO NEEDS AT ONE PLACE FOR LESS!



Sony 8mm Palmsize Camcorder with 10:1 Zoom Lens

- includes wireless travel remote control with belt clip
- audio/video fader for professional-looking videos
- automatic mode gives you easy point & shoot operation
- "quick record" mechanism instantly begins recording

\$699⁹⁷
*28 per month**

CAMCORDER CLEARANCE!



- * BIG REDUCTIONS NOW ON BRANDS LIKE JVC, SONY, PANASONIC AND MORE!
- * SAVE ON OPEN BOX, SCRATCH N' DENT & DEMOS!

We'll Beat Any Price on Top Brand Camcorders ... GUARANTEED!

PRICES START AT **\$449!**

See our Low Price Guarantee for details. No special orders or gift checks. Selections limited by stock. Quantities limited. See store for all details.

CHOOSE FROM THE BEST
BRANDS IN HOME AUDIO...

NOW ALL UNDER ONE ROOF!



Sony Remote-Controlled Receiver with Dolby® Pro Logic Surround Sound & 6 Soundfield Modes

- 80 watts per channel front, 20 watts center & surround
- 5 audio & 2 video inputs
- electronic bass & treble

SPECIAL OFFER!

KLH Surround Sound Speakers only \$100
with Purchase of Sony Receiver!

\$329⁹⁷
*20 per month**

**0% INTEREST FOR
12 MONTHS***

ON ALL

**HARMON KARDON, ONKYO, KENWOOD &
PHILLIPS HOME AUDIO EQUIPMENT!**

*SEE STORE FOR DETAILS

AUDIO COMPONENT PRICES SOUND BETTER AT THE CITY!

RCA

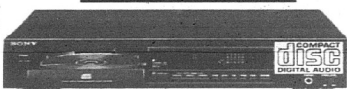


RCA Remote-Controlled CD Player with 20-Track Programming & 16-Bit Digital-To-Analog Converter

- 2X oversampling

\$78⁹⁷

SONY



Sony Remote-Controlled CD Player with Shuffle Play & 6-Way Repeat

- peak search
- 8 output high density linear converter
- digital servo control
- direct digital sync

\$149⁹⁷

Technics



Technics Remote-Controlled 5-Disc CD Changer with Full Random Play & 32-Track Programming

\$199⁹⁷

SONY



Sony Remote-Controlled 5-Disc CD Changer with Shuffle Play & Peak Search

\$249⁹⁷

KENWOOD



Kenwood Remote-Controlled 7-Disc CD Player with 42-Magazine File System & Disc Title Display

\$249⁹⁷

JVC



JVC Remote-Controlled 7-Disc CD Player with LCD Display on Remote & 4-Way Repeat

\$279⁹⁷

ONKYO



Onkyo Receiver with 40 Station Presets & 6-Class Classified Memory

\$179⁹⁷



Sony Remote-Controlled Receiver with Dolby® Surround Sound & 3 Soundfield Modes

\$229⁹⁷



Pioneer 100 Watt* Remote-Controlled Receiver with Dolby® Surround Sound & 7-Band Graphic Equalizer

\$299⁹⁷

harman/kardon



Harman/Kardon Remote-Controlled Receiver with High Voltage/High Current Capability & 16 Station Presets

\$379⁹⁷

PIONEER



Pioneer Double Cassette Deck with Dolby® B/C/HX Pro & High Speed Dubbing

\$139⁹⁷



Pioneer Double Cassette Deck with Dolby® B/C/HX Pro & High Speed Dubbing

\$149⁹⁷



Technics Double Auto Reverse Cassette Deck with Dolby® HX Pro Headroom Extension & High Speed Editing

\$188⁹⁷



Onkyo Auto Reverse Cassette Deck with Dolby® B/C/HX-Pro & 10-Segment Peak Level Meter

\$249⁹⁷

FOR EVERY MUSICAL TASTE, WE CARRY SPEAKERS FROM JBL, BOSE, DCM AND CERWIN-VEGA!

BOSE



Bose Weather-Resistant Loudspeaker System with 4 1/2" Driver & Compact Design Ideal for Surround Sound Use

\$79⁹⁷

Cerwin-Vega



Cerwin-Vega 2-Way Loudspeaker System with 8" Woofer & 100 Watt Power Handling Capacity

\$129⁹⁷

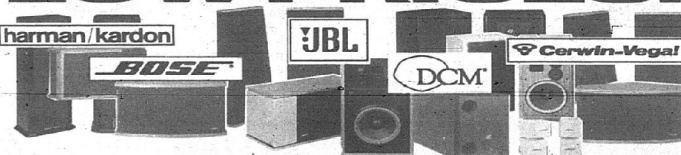
DCM



DCM Powered Subwoofer with Active 8" Woofer & Magnetic Shielding

\$599⁹⁷

**HUNDREDS OF TOP BRAND
LOUDSPEAKERS
AT
UNBEATABLE
LOW PRICES!**



**THE MOST POPULAR THREE-PIECE
LOUDSPEAKER SYSTEM IN THE WORLD!**



The BOSE AM-5 II Direct/Reflecting® Speaker System. Why is this system so popular? You get 2 unique "cube" loudspeakers and a bass module that are so small, you can conceal them anywhere in your space! The upper portions of the "cubes" also rotate for a true-to-life stereo image. Together, these components produce astoundingly open, rich sound! So if you're like a lot of people who would rather not sacrifice space for great sound quality, this is the system for you!

\$749 SET
Also Available in White!

**GREAT FOR
SURROUND SOUND!**

HURRY! IT'S ON SALE NOW!

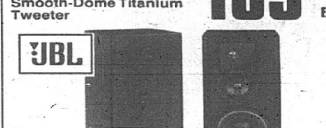
... its powerful, room-filling sound... speakers that could be easily held in the palm of one's hand. Hear it and be convinced for yourself. Julian Hirsch, Stereo Review, 1991.

SAVE ON JBL LOUDSPEAKERS!



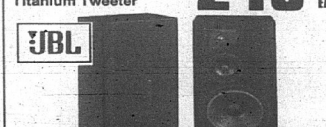
JBL 2-Way Bookshelf Loudspeaker System with 6 1/2" Woofer & 1" Smooth-Dome Titanium Tweeter

\$169⁹⁷



JBL 3-Way Loudspeaker System with 8" Woofer & 1" Smooth Dome Titanium Tweeter

\$249⁹⁷



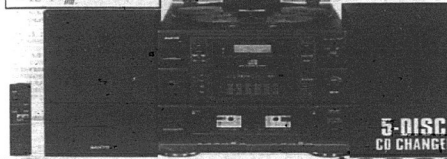
JBL 3-Way Bookshelf Loudspeaker System with 1" Smooth Dome Titanium Tweeter & 10" Woofer

\$369⁹⁷

ALL HOME AUDIO SYSTEMS ON SALE!

Panasonic

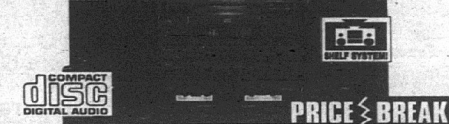

Panasonic Mini Audio System with Double Cassette Deck & 3-Band Graphic Equalizer
• high-speed dubbing & relay play

\$139⁹⁷
SANYO


Sanyo Digital Shelf System with 5-Disc Carousel CD Changer & Remote Control
• Bass Expander circuitry
• 3-band graphic equalizer

\$288⁹⁷

GET TOP BUYS NOW ON JVC SHELF SYSTEMS AT CIRCUIT CITY!

JVC


JVC Remote-Controlled Mini Component System with Programmable CD Player & Double Cassette Deck

PRICE BREAK
\$449⁹⁷
28 per month*
JVC

6-DISC CD CHANGER
PRICE BREAK
\$549⁹⁷
22 per month*
JVC


JVC Remote-Controlled Mini Component System with 7-Disc CD Changer & Double Auto Reverse Cassette Deck

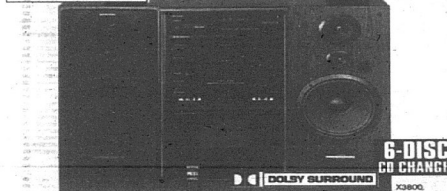
\$788⁹⁷
JVC

7-DISC CD CHANGER

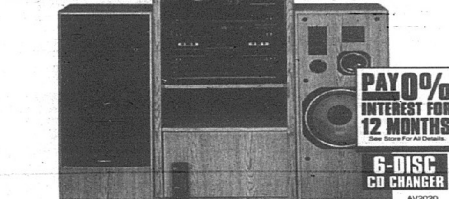
JVC Remote-Controlled Mini Component System with 7-Disc CD Changer & Double Cassette Deck
• 7-band graphic equalizer
• Dolby® B noise reduction
• satellite subwoofer
• loudspeaker system

\$999⁹⁷
40 per month*

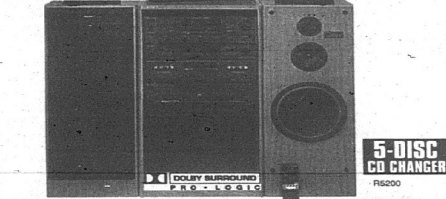
BUILD YOUR HOME AUDIO SYSTEM WITH HELP FROM OUR TRAINED SALES COUNSELORS AT CIRCUIT CITY!

PIONEER


Pioneer 100 Watt* Remote-Controlled Audio Component System with Dolby® Surround Sound & 6-Disc CD Changer

\$799⁹⁷
ONKYO


Onkyo 100 Watt* Remote-Controlled Audio Component System with 6-Disc Carousel CD Changer & Double Cassette Deck
Limited Quantities

\$999⁹⁷
SONY


Sony 135 Watt* Remote-Controlled Audio Component System with Dolby® Pro Logic Surround Sound & 5-Disc Carousel CD Changer

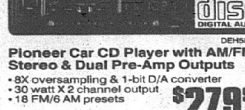
\$999⁹⁷

PROFESSIONAL INSTALLATION AVAILABLE ON ALL MOBILE ELECTRONICS

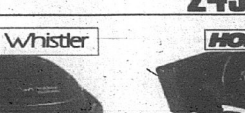
ALL KENWOOD, JVC & CLARION CAR STEREOS ON SALE!

CRAIG


Craig 6-Disc CD Changer with FM Modulator - Connects To Your Current Car Stereo
• includes hand-held remote
• track/disc random play
• RCA line-out jack

6-DISC CD CHANGER \$299⁹⁷
PIONEER


Pioneer Car CD Player with AM/FM Stereo & Dual Pre-Amp Outputs
• 8X oversampling & 1-bit D/A converter
• 30 watt X 2 channel output
• 18 FM/AM presets

\$279⁹⁷
KENWOOD


Kenwood Pull-Out Cassette Player with 24 Station Presets
• theft-preventing pull-out chassis
• quartz tuning with bi-directional seek
• auto reverse with tape advance search

\$249⁹⁷
SONY

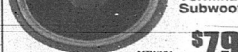

Sony 4 1/4" Dual Cone Speaker
• 50 watt max power input
• 4 1/2" water-resistant cone woofer

\$34⁹⁷ PAIR
PIONEER


Pioneer 6" x 9" Maxxial™ Dual Cone Car Stereo Speakers
• 4 ohm rated
• frequency response: 35Hz-20kHz

\$37⁹⁷ PAIR


Pioneer Surface-Mount Car Stereo Speakers with 80 Watts Maximum Power-Handling Capability & Curvilinear Design
• 4-ohm rated & 88dB sensitivity
• frequency response: 65Hz-30kHz

\$79⁹⁷ PAIR


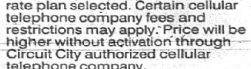
MTX 12" Terminator Subwoofer

\$79⁹⁷ EACH
Novatel


Novatel Mini Portable Cellular Phone with 99-Number Memory & Multiple System Registries
• weighs less than 14 oz. & fits in purse or briefcase

\$29⁹⁷
KENWOOD

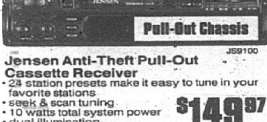

Kenwood Mobile Cellular Phone with Hands-Free Operation
• call-in-absence indicator
• limited quantities

INSTALLED \$99⁹⁷
NO ANTENNA


Mitsubishi Transportable Cellular Telephone with Dual Telephone Number Capability & Hardshell Carrying Case

\$299⁹⁷

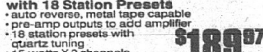
Prices may vary depending on carrier rate plan selected. Certain cellular telephone company fees and restrictions may apply. Price will be higher without activation through Circuit City authorized cellular telephone company.

JENSEN


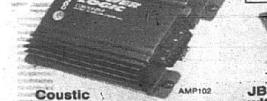
Jensen Anti-Theft Pull-Out Cassette Receiver
• 24 station presets make it easy to tune in your favorite stations
• seek & scan tuning
• 10 watts total system power
• dual illumination

\$149⁹⁷
PIONEER


Pioneer AM/FM/Cassette Car Stereo with Electronic Supertuner® & Auto Reverse
• 24 station presets
• Best Stations Memory (BSM)
• up/down seek

\$139⁹⁷


Kenwood In-Dash Cassette Player with 18 Station Presets
• auto reverse, metal tape capable
• pre-amp outputs to add amplifier
• 18 station presets with quartz tuning
• 15 watts X 2 channels

\$189⁹⁷
COUSTIC


Cooustic 2-Channel Car Stereo Power Amplifier with 25 Watts per Channel
• Maximum Power
• RMS power: 16 watts X 2

\$49⁹⁷
JBL


JBL 4-Channel Amplifier with 50 Watts X 4 Channel Output or 200 Watts Max Output
• 4/3/2-channel operation
• bi-amp crossover at 80Hz built-in

\$339⁹⁷
Whistler


Whistler Radar Detector with X & K-Band Detection & City/Highway Modes
• highway mode provides maximum sensitivity
• city mode reduces annoying false signals

\$39⁹⁷
HORNET


Hornet Auto Security System with Dual Remote Controls & Built-In Shock Sensor
• from the maker of Viper
• selectable shock sensitivity

INSTALLED \$99⁹⁷†
CLIFFORD


Clifford Car Security System with Remote Panic & Automatic Arming
• prior intrusion attempt alert
• outputs for add-on options
• 2 remote control units

INSTALLED \$249⁹⁷†
MOTOROLA INC.


Motorola Pager with Numeric Display, Vibration & 6-Message Capacity
• Prices shown based on activating service with approved carrier.
• Service equipment fee and monthly service fee additional.

\$99⁹⁷

FREE DELIVERY ON ALL MAJOR APPLIANCES!

0% INTEREST FOR 12 MONTHS*
ON ALL FRIGIDAIRE, AMANA & KITCHENAID APPLIANCES!

UP TO \$75 MAIL IN REBATE ON SELECT AMANA REFRIGERATORS!



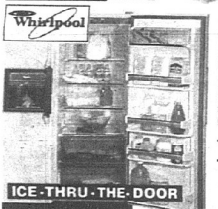
Amana 19.1 Cu. Ft. Refrigerator with Elegant "Crystal-Clear" Interior & Temp-Assure™ Thermostatic Control System

\$30 REBATE With Purchase!
\$769⁹⁷ NET



Amana 26.7 Cu. Ft. Super Capacity Refrigerator with Ice/Crushed Ice/Water Dispenser & Extra-Deep Door Storage

\$75 REBATE With Purchase!
LOW PRICE GUARANTEED
\$829⁹⁷ NET



Whirlpool 21.6 Cu. Ft. Refrigerator/Freezer with Through-the-Door Ice Dispenser & Super Storage Door

ICE-THRU-THE-DOOR
\$899⁹⁷



Kelvinator 21.0 Cu. Ft. Deluxe Glass Shelf Refrigerator with Gallon Door Storage Section

\$549⁹⁷
22 Per month

ALL GE & HOTPOINT REFRIGERATORS ON SALE!

CHOOSE FROM OVER 30 WASHER/DRYER PAIRS!



Frigidaire 17.0 Cu. Ft. No-Frost Refrigerator with Adjustable Glass Shelves

\$499⁹⁷



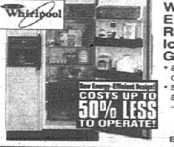
Whirlpool 19.9 Cu. Ft. Refrigerator with Adjustable Shelves, 2 Crispers & Meat Drawer

\$599⁹⁷



Hotpoint 20.7 Cu. Ft. Refrigerator with 2 Crispers & Adjustable Shelves

\$649⁹⁷



Whirlpool Extra Energy Efficient 21.6 Cu. Ft. Refrigerator with Ice/Water Dispenser & Glass Shelves

\$1199⁹⁷



Maytag Large Capacity Washer with Built-In Lint Filter & Fabric Softener Dispenser

\$439⁹⁷
MATCHING DRYER... \$379⁹⁷



White-Westinghouse All-in-One Laundry Center with Family-Size Washer/Dryer in Compact, 24" Wide Cabinet

\$649⁹⁷



GE 13.9 Cu. Ft. Refrigerator with Extra Door Storage & Full-Width Freezer Section

\$317⁹⁷



White-Westinghouse 10.1 Cu. Ft. Upright Freezer with 3 Fast-Freeze Shelves

\$299⁹⁷



Frigidaire Extra Large Capacity Washer with 7 Cycles & 3 Temperature Selections

\$339⁹⁷
MATCHING DRYER... \$299⁹⁷



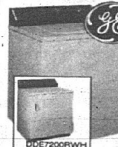
Whirlpool 6-Cycle Large Capacity Washer with Magic Clean® Filter & 5-Cycle 3-Temperature Matching Dryer in Elegant White-On-White Styling

\$359⁹⁷
MATCHING DRYER... \$279⁹⁷



Hotpoint Extra Large Capacity 2-Speed Washer with 3 Wash/Rinse Temperature & 4 Water Levels

\$378⁹⁷
MATCHING DRYER... \$279⁹⁷



GE Extra Large Capacity Washer with 6 Wash Cycles & Porcelain Top Lid & Tub

\$388⁹⁷
MATCHING DRYER... \$298⁹⁷

SAVE ON VACUUMS!



Hoover Elite II™ Upright Vacuum Cleaner with 5-Piece Tool Set & 6.5 Amp Motor

\$88⁹⁷



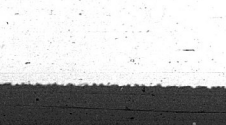
Black & Decker Dustbuster Corded Power Brush Vac

\$34⁹⁷



Eureka Powerline Gold™ Upright Vacuum Cleaner with 8.0 Amp Motor

\$129⁹⁷



Panasonic Upright Vacuum Cleaner with 7.1 Amp Motor & 7-Piece Tool Kit

\$139⁹⁷

MICROWAVES & RANGES FROM TOP BRAND NAMES!



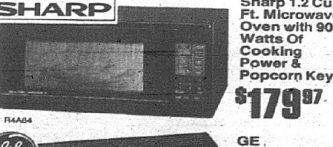
Panasonic 0.8 Cu. Ft. Microwave Oven with 800 Watts Cooking Power & Popcorn Key

\$149⁹⁷



Sharp 0.9 Cu. Ft. Microwave Oven with 800 Watts of Cooking Power & Popcorn Key

\$159⁹⁷



Sharp 1.2 Cu. Ft. Microwave Oven with 900 Watts of Cooking Power & Popcorn Key

\$179⁹⁷



GE Spacemaker Plus™ Over-The-Range Microwave Oven

\$388⁹⁷†



Whirlpool Electric Range with Black Glass Door & Upstep Cooktop

\$299⁹⁷



Sunray 30" Electric Range with Lift-Up Top & Lift-Off Oven Door

\$229⁹⁷



Tappan 30" Electric Range with Self-Cleaning Oven & Black Glass Door

\$398⁹⁷†



GE Self-Cleaning Electric Range with Lift-Up Cooktop & Black Glass Oven Door with Window

\$499⁹⁷†

SAVE ON DISHWASHERS!



GE Undercounter Dishwasher with POTSCRUBBER Cycle & Deluxe Silverware Basket

\$298⁹⁷†



Estate Undercounter Dishwasher with Dual-Level Wash Action & Energy-Saver Option

\$188⁹⁷



Whirlpool Deluxe Dishwasher with Clean Touch™ Controls

\$349⁹⁷



Maytag JetClean Multi-Cycle Dishwasher with Dependably Quiet Operation

\$399⁹⁷

FOR THE BEST SELECTION OF PORTABLE AUDIO, VISIT THE CITY!



Sony Portable AM/FM Stereo Cassette Player with One-Touch Recording & Automatic Shut-Off

• select cassette mechanism
• AM/FM stereo tuner

\$39.97



JVC AM/FM Double Cassette Recorder with Built-In CD Player & Super Bass Horn

• CD synchro-start recording
• bass/treble controls
• Automatic Recording Level Control
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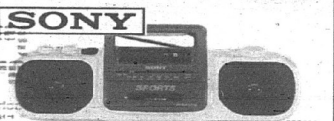
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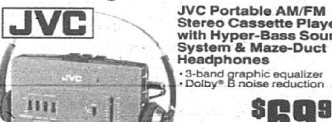
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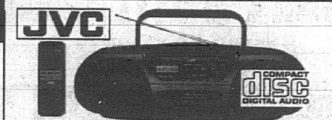
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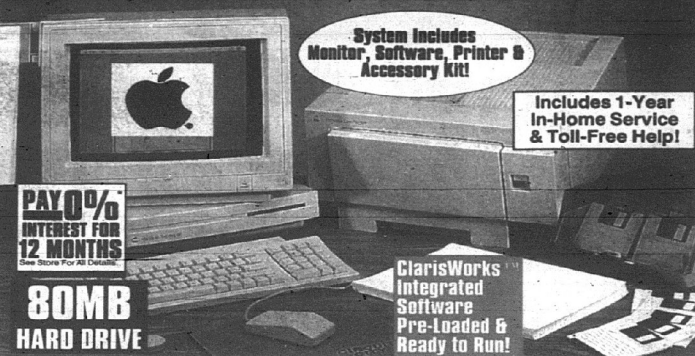
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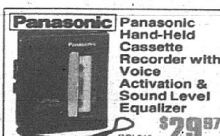
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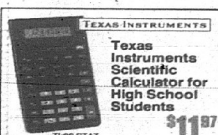
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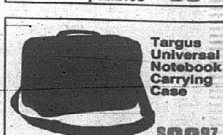
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Cook with Personality

By Janice Denham
Staff writer

This melodrama involves the classic triangle — you, your refrigerator and your pantry.

It deals less with evil than with human frailty, the flaw in a person's makeup that allows him to devour four Snickers bars at midnight, eat meat and gravy past when it has grown icy in the serving dish and find the only cheeseball at a party with 300 people in a 50-person room.

Eileen Dardick is a personal consultant with Ideal Image, a company that helps people develop a palatable approach to healthful eating.

"Research has shown that if there is a 'craving' for certain types of food, there should be a deficiency in the body," she says. "If you don't have a medical problem, then there must be an underlying reason that a person feels comforted by eating certain foods. After all, who could ever walk into a kitchen and not feel warm all over when they smelled chocolate chip cookies baking?"

Dardick gives classic associations: hot dogs at the ball park, turkey and pumpkin pie for Thanksgiving, ham at Easter, ice cream and cake for a birthday, brisket and potato latkes for Hanukkah, candy for Halloween. She says her own children like to eat cheese as a comfort-type food, because she gave it to them for treats when they were young.

Sometimes it is the amount of a favorite food that is eaten or emphasizing its wrong components that results in too much of a good thing. She does not feel "discipline" is the best word to use, but the drive connected with a long-range goal results in better eating habits.

Her partner, Sheila Ferrendelli, says, "Motivation is just the one thing scientists haven't found a pill for yet. Many people stay motivated about 20 minutes."

Food products are getting better and better though, Dardick says, in helping people have their cake — or hot dogs, tuna salad, popcorn or toasted cheese sandwich — and eat it, too.

Kraft General Foods has developed an approach to the subject by identifying food personalities. The company offers a booklet with a quiz to help you identify your type of personal preference — salt, dairy, sweets, meat and potatoes or bread and pasta, easy-to-use charts to check on results of progressive goals, and easy and delicious recipes. To receive a free copy, write: Personal Tastes, Kraft General Foods, P.O. Box 7335, Sierra Vista, Ariz. 85670-7335.

Dardick and Ferrendelli's cookbook, "Cooking the Lite Fantastic" is available at the Kitchen Conservatory stores or by sending a check for \$14.95 plus \$3 shipping and handling (plus 6 cents tax for Missouri residents) to Ideal Image, 14312 Alden Hill Court, Chesterfield, Mo. 63017. Dardick has suggested some of the alternatives below for those who identify their eating weaknesses.



Cheese and corn tortillas

- 1 carton (16 oz.) low-fat cottage cheese
- 1 cup canned kernel corn
- 1/2 cup (8 oz.) shredded, reduced-fat sharp cheddar cheese, divided
- 1/4 cup sliced green onion
- 2 tbsp. chopped fresh cilantro
- 1 tsp. Mexican seasoning
- 8 flour tortillas (8 inch)
- 1/2 cup salsa

Preheat oven to 350°. Grease 13-by-9-inch baking dish.

Mix cottage cheese, corn, 1/2 cup cheddar cheese, onion, cilantro and seasoning. Spoon about 1/2 cup cheese mixture down center of each tortilla. Roll up. Arrange seam-side down in prepared baking dish. Top with salsa and remaining 1/2 cup cheddar cheese. Bake in preheated oven 30 minutes.

Makes 6 servings; 290 calories, 8 g fat, 22 g protein, 30 mg cholesterol, 29 g carbohydrate and 560 mg sodium each.

Barbecue meatloaf

- 1 1/2 lb. ground turkey
- 1/2 cup thick, spicy barbecue sauce, divided
- 1/2 cup uncooked oats
- 1/2 cup finely chopped onion
- 2 egg whites, beaten

Preheat oven to 375°.

Mix together turkey, 1/4 cup barbecue sauce, oats, onion and egg whites. Shape into loaf in 12-by-8-inch baking dish. Bake in preheated oven 45 to 50 minutes. Let stand 5 minutes. Top with remaining 1/4 cup barbecue sauce.

Makes 6 servings; 240 calories, 11 g fat, 23 g protein, 80 mg cholesterol, 3 g carbohydrate and 450 mg sodium each, using 85 percent lean ground turkey.

Chocolate sauce

- 2 tbsp. sugar
- 1 tsp. cornstarch
- 1/2 cup skim milk
- 1/2 cup evaporated skim milk
- 1 square (1 oz.) semisweet chocolate, grated
- 1/2 tsp. vanilla

In small heavy saucepan, combine sugar and cornstarch. Slowly add skim and evaporated skim milk. Blend until smooth. Over medium heat, cook, stirring constantly, 3 to 5 minutes until thickened and smooth. Transfer to small bowl. Stir in chocolate and vanilla. Stir until chocolate is melted. Cover. Cool before serving.

Makes 1 cup; 26 calories, 1 g fat and no cholesterol per 1-tablespoon serving.

Light party mix

- 1 pkg. (1/2 oz.) butter-flavored seasoning mix (Butter Buds by brand)
- 2 tbsp. water
- 2 tbsp. Worcestershire sauce, sodium-reduced preferably
- 1 tsp. oil
- 1/2 tsp. garlic powder
- 1/2 tsp. seasoned salt
- Several drops pepper sauce
- 2 1/2 cups pretzels
- 3 cups bite-size square wheat or bran cereal
- 1 cup bite-size shredded wheat biscuits
- 1 1/2 cups oyster crackers
- 1 cup bite-size rich round crackers

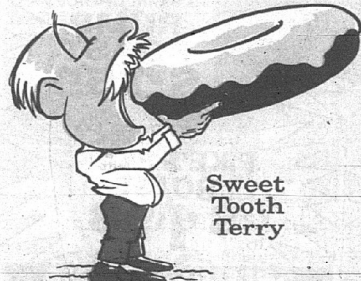
Preheat oven to 300°.

Heat and stir butter-flavored mix, water, Worcestershire sauce, oil, garlic powder, seasoned salt and pepper sauce.

Spray large roasting pan with nonstick cooking spray. Put pretzels, cereal, shredded wheat biscuits, oyster crackers and round crackers in roasting pan. Add butter mixture. Toss to coat. Bake in preheated oven 1 hour, stirring every 15 minutes.

Makes eight (1/2-cup) servings, 118 calories and 3 g fat each.

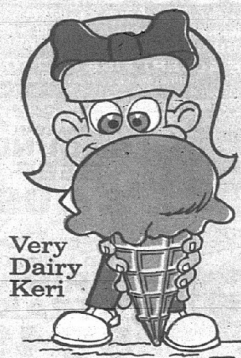
Do you recognize somebody?



This person usually grabs a candy bar, cookie or brownie or even eats that along with an apple or something nutritious. Dessert is a necessity at most meals.

Here are alternatives:

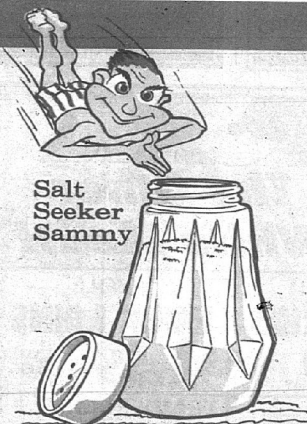
- Fruit for a snack minus the extra sweet.
- Pudding made with skim milk.
- Angel food cake with fruit sauce or small amount of Chocolate Sauce (above).
- Hard candy instead of chocolate.
- Skinny Shake: Blend frozen fruit with 1/2 cup skim milk, 1/4 cup vanilla nonfat yogurt and sweetener as desired on high speed until smooth.
- Wonton Crisps: Spray wonton skins with nonstick cooking spray and sprinkle with cinnamon-sugar mixture. Bake on baking sheet sprayed with nonstick cooking spray in 400° oven 5 to 7 minutes until crisp.



Cheeses made with whole milk, ice cream, heavy cream and whole milk provide a base — and a middle and a top — in meals and snacks all week.

Here are alternatives:

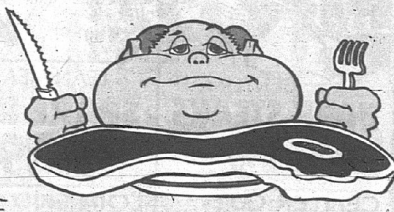
- Light or extra-light margarine instead of butter (not in baking).
- On pasta, tomato sauce — light on the meat — instead of tomato sauce.
- Gradual switch from whole milk to 2 percent milk on cereal and in cooking. Move slowly to 1 percent, one-half percent, then skim milk, adding it as a beverage in lighter form, too.
- Replacing some cheese in salads with more leafy greens and vegetables.
- Frozen yogurt, fruit ices, fat-free desserts and icy treats on a stick instead of ice cream.
- Evaporated skim milk instead of cream.
- Reduced-fat or fat-free sour cream for topping or dip.
- Ask for half the amount of cheese on pizza and extra vegetables.



The salt shaker is a prominent part of the table setting on this person's table. Snacks include chips and other high-salt items.

Here are alternatives:

- Dump out the salt shaker and do not refill it.
- Pretzels, with some salt shaken off.
- Air-popped popcorn, plain, or sprayed with butter-flavored nonstick cooking spray and a favorite seasoning or a sprinkle of parmesan cheese.
- Light Party Mix (above).
- Tortilla Chips: Cut corn tortillas in wedges, spray with nonstick cooking spray and sprinkle with seasoning. Bake on baking sheet sprayed with nonstick cooking spray in 400° oven 5 to 7 minutes until crisp.
- Fat-free ready-to-eat cereal (check the package for sodium).
- Crispy Wontons: Sprinkle wonton skins with nonstick cooking spray and sprinkle with spicy seasoning to taste or small amount of parmesan cheese. Bake on baking sheet sprayed with nonstick cooking spray in 400° oven 5 to 7 minutes until crisp.
- Flavor potato and rice mixtures with your own seasoning or extend packaged mixes with extra cooked potatoes and rice and low-sodium broth or milk.
- Use low-sodium soup. Check ramen noodle packages for sodium content.



Meat & Potatoes Kelly

Pot roast and potatoes is often a meal of choice. Pizza must contain at least three kinds of meat.

Alternatives:

- Increase the vegetables and decrease the meat on your plate.
- Diet margarine or reduced-fat sour cream on baked potatoes.
- Barbecue sauce, tomato-based sauce or au jus instead of thickened gravy.
- Bagels and fruit for breakfast instead of bacon, eggs and hash browns.
- Increase the size of salad and use a fat-free dressing.
- Try a seafood steak instead of beef steak at a restaurant. The texture is similar.
- Use fat-free mayonnaise to misten tuna, chicken or turkey salad. Add a little mustard, horseradish and herbs for flavor.
- Use lean red meat and more poultry while meat without skin. Bake or broil instead of frying.
- Cut the meat and cheese on pizza and use more vegetables.

JOURNAL FOOD PLANNER

Menus

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Main dish	Main dish	Main dish	Main dish	Main dish	Main dish	Main dish
Side dishes	Side dishes	Side dishes	Side dishes	Side dishes	Side dishes	Side dishes
Dessert	Dessert	Dessert	Dessert	Dessert	Dessert	Dessert

Foodnotes

Handy: The Journal Food Planner is the ticket to putting order into food shopping. Just fill in the blanks before going to the store as reminders of what to buy for the week ahead. Tear out the whole page for an instant supply of ideas and home-centered needs for the week in one place.

Start at the top. Use the white space to your benefit. Get a general idea of where the week will take the main meal. Add notes as you go.

Start with main dishes. Make it simple. For instance, make enough beef roast on Sunday to fill in "main dish" on Sunday, then add extra vegetables and thicken with gravy for beef stew Wednesday—very efficient and easy. Put hamburgers down for Monday, pork chops on Tuesday, fish on Thursday, pizza on Friday and chili on Saturday (which, by the way, can fill another "main dish" on next week's meal planner).

Easy: Look at Journal recipes in this section for inspiration. For instance, today's recipes on Page 1 are for lightening up everyday recipes, like Cheese and Corn Tortillas. To have the ingredients to make them, add reduced-fat cheese, flour tortillas and canned corn to the shopping list.

Thrifty: Check the ads and take advantage of sales and coupons.

Create your own signals—perhaps stars for coupons, reminders, question mark means to look for a store bargain and exclamation mark means "We're out of this!" This reminds you to use the coupons you clip, watch for the bargains that are advertised and save that penny that you earn.

Timely: Create your own sunshine on Groundhog's Day. Use orange juice instead of part of the liquid in a yellow cake mix, add grated lemon peel (rub any citrus fruit against the tiny holes of a small hand grater for the juiciest part) to blueberry muffins or add lemon juice to plain confectioner's sugar frosting and use it to make sandwich cookies or ice morning pancakes.

Party: If the week's calendar holds a party occasion, bring Appetizer Chicken Wings. Disjoint a dozen chicken wings, saving the tips for soup. Dip chicken pieces one at a time in 1 cup meatless spaghetti sauce, then in ½ cup shredded or ¼ cup grated parmesan cheese. Place on oiled jellyroll pan. Bake in preheated 400° oven 30 minutes. Makes 24 appetizers.

CANNED FOODS

- ☐ vegetables
- ☐ fruit
- ☐ tomato sauce
- ☐ rice
- ☐ pasta
- ☐ salad dressing
- ☐ meat
- ☐ beans
- ☐ soups
- ☐ corn
- ☐ tomatoes
- ☐ mushrooms
- ☐ olives
- ☐ pickles
- ☐ ketchup
- ☐ mustard
- ☐ mayonnaise
- ☐ salad oil
- ☐ vinegar
- ☐ soy sauce
- ☐ Worcestershire
- ☐ hot sauce
- ☐ barbecue sauce
- ☐ ranch dressing
- ☐ blue cheese dressing
- ☐ Italian dressing
- ☐ Caesar dressing
- ☐ vinaigrette
- ☐ oil
- ☐ butter
- ☐ margarine
- ☐ shortening
- ☐ lard
- ☐ cream
- ☐ milk
- ☐ yogurt
- ☐ sour cream
- ☐ buttermilk
- ☐ condensed milk
- ☐ evaporated milk
- ☐ sterilized milk
- ☐ whole milk
- ☐ 2% milk
- ☐ 1% milk
- ☐ skim milk
- ☐ nonfat milk
- ☐ sweetened condensed milk
- ☐ unsweetened condensed milk
- ☐ condensed milk
- ☐ evaporated milk
- ☐ sterilized milk
- ☐ whole milk
- ☐ 2% milk
- ☐ 1% milk
- ☐ skim milk
- ☐ nonfat milk
- ☐ sweetened condensed milk
- ☐ unsweetened condensed milk
- ☐ condensed milk
- ☐ evaporated milk
- ☐ sterilized milk
- ☐ whole milk
- ☐ 2% milk
- ☐ 1% milk
- ☐ skim milk
- ☐ nonfat milk
- ☐ sweetened condensed milk
- ☐ unsweetened condensed milk
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Enchiladas on chili a winner



Winner's Circle

Vicky L. Mueller, 108 Huck Finn, St. Charles, is the winner of this week's recipe contest for Chili and Enchiladas. For it she wins a prize of dinner certificates from Pasta House Company.

This is made in two parts. The first is a chili on the stove top, the second part moves the chili into the oven with flavorful cheese enchiladas baked on top. Her family asks for the dish regularly. For them, she omits the green chilies in the sauce to moderate the flavor.

Recipes in this month's Overnight Dish Recipe Contest will be accepted through Feb. 28 for consideration as winner each week in March, which offers opportunity for five winners during the month. Send in a recipe for any type of overnight dish—such as brunch egg dish, casserole, salad or anything marinated overnight before cooking.

One recipe per household can be sent to: Overnight Dish Recipe Contest, 1714 Deerpark, Tracks Trail, St. Louis, Mo. 63131.

As usual, if there is a history to the recipe, it will be considered part of the entry. It will be used as a basis for selecting winners, along with taste and eye appeal. Originality will be considered, although the recipe need not be original. If possible, name the recipe's source. Include the name of the *Journal* you received.

Winners are notified by mail. Duplicate entries will be considered on the basis of earlier entry or best compliance with the rules. Contest winners may enter again six months after the prize-winning publication date.

Chili and enchiladas

- 2 lb. ground beef
- 2 cups chopped onion, divided
- 2 pkgs. chili seasoning, used to taste
- 1 can (1 lb. 12 oz.) tomatoes
- 1 cup red wine
- 1 can (1 lb.) red kidney beans
- 1 pkg. (9 oz., 12 count) flour tortillas
- 3 cups (12 oz.) shredded cheddar cheese, divided
- 1 can (15 oz.) tomato sauce
- 2 tsp. chopped green chilies, if desired

Brown ground beef and 1 cup chopped onion in large skillet. Drain grease. Add chili seasoning and tomatoes. Bring to a boil. Reduce heat. Simmer, covered, 45 minutes. Add wine. Simmer, uncovered, 20 minutes longer or until slightly thickened. Stir in beans. Spoon into 13-by-9-inch baking dish.

Warm tortillas as package directions. Preheat oven to 350°. In bowl, combine 2 cups cheese and remaining 1 cup onion. Place well-rounded tablespoon cheese mixture on each tortilla. Roll up. Arrange seam-side down on chili in baking dish. Combine

tomato sauce and chilies.

Spoon over tortillas. Sprinkle with remaining 1 cup cheese.

Bake in preheated oven 30 to 35 minutes.

Makes 8 servings.

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Eva L. Rothman

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Some schools given 'A' grade for microwave cooking class

By Kathy Hanewinkel
Home economist

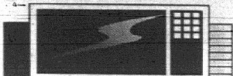
After being a home economics teacher at several high schools, I have found education in microwave oven cooking varies vastly from school to school and teacher to teacher.

Some schools have an ideal situation with a microwave oven in each kitchen laboratory. In other schools, kitchen lab groups must share microwave ovens, which is usually less than ideal.

Most schools, like most homes, use a microwave oven for melting and reheating. Teachers teach the principles of microwaves, similar to those found in this column.

What should students learn in their home economics class? Some principles that they — and you — should know include:

• Microwaves are non-ionizing waves of light that is they are similar to radio and television



Over the Waves

waves.

• Microwaves are reflected by metal, such as aluminum and stainless steel.

• Microwaves are absorbed by foods in varying amounts and yet the microwaves are not found or stored in food.

As part of the lesson, teachers instruct students not to use metal in the ovens, so there is no arcing and the food can cook or heat.

They teach them to clean a microwave oven properly by wiping it clean after each use.

When thoroughly cleaning an

oven, only mild detergents and non-abrasives should be used, which means metal scouring pads, utensils and harsh abrasives should not be used.

The home economics lab is not the only place in a school to look for a microwave oven. Some schools today luckily have ovens available for students to use in lunchrooms. This is an advantage for the student, but usually the cafeteria staff cleans them so they do not become unsanitary or inefficient.

At Melville Senior High School, where I teach this year, each kitchen in the foods lab, the teachers' lounge and some offices have them. Microwave ovens are not available in the student cafeteria or the faculty lunch room.

The fact that most schools have far more soda machines than microwave ovens available for student use may reveal one reason some students have a bag

of potato chips and a soda for lunch instead of heating something more nutritious.

The following questions are some that I may ask a class to test its knowledge of microwave ovens. See how well you do.

1. Microwaves are:
 - a. Electromagnetic
 - b. Not safe
 - c. Radioactive
 - d. Ionizing
 - e. Visible
2. The best shape to work with in a microwave is a:
 - a. Pyramid
 - b. Square
 - c. Circle
 - d. Oval
 - e. Doughnut
3. Check all of the following that can be used for microwaving:
 - a. China without gold or silver trim
 - b. Glass without gold or silver trim
 - c. Plastic
 - d. Metal pots and pans
 - e. Aluminum bakeware
4. Which of the following does not affect microwave cooking time:
 - a. Volume
 - b. Density
 - c. Food composition (fat, protein, etc.)
 - d. Shape
 - e. All affect cooking time.
5. Judge which of the following is true or false.
 - a. Food is invisible to microwaves.
 - b. Meats should not be cooked in a microwave.
 - c. Eggs cannot be cooked in a microwave oven.
 - d. Aluminum never should be used in a microwave oven.
 - e. Foods cooked in a micro-

wave are less healthful than those cooked conventionally.

10. Paper and plastic should not be used in a microwave.

Scoring

1. a. Microwaves are electromagnetic waves of light. They are considered as safe as any radio waves. They are non-ionizing and invisible.

2. e. The best shape to work with in a microwave is the doughnut shape. The circle is next best, but the center would be less done. Any part of food that sticks out or up has a tendency to overcook.

3. a, b, c. Metal and aluminum are not used because microwaves do not pass through them. Hence, food is not cooked correctly.

4. e. All affect cooking time. The rest of the answers are false.

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Movie capsules

By Harry Hamm
Correspondent

Aladdin

Another animated triumph for Disney as the classic story of "Aladdin" is given exciting, adventurous life. Robin Williams signals the film as the voice of the Genie. Great for all members of the family. See it once, and you'll want to see it again. (***)

Rated G (language and sexual situations). Running time: 95 minutes. Alton, Clarkson, Des Peres, Eureka, Galleria, Halls Ferry, Kenrick, Mid Rivers, Nameoki, Northwest Plaza, Quad, Regency, Ronnie's, Westroads.

Alive

A 50-so film adaptation of a book about some rugby players who survive a 10-week ordeal in the Andes Mountains after their plane crashes by resorting to cannibalism. Discreet, but too high-minded and poorly scripted. (**)

Rated R (intense plane crash, adult language and sexual situations). Running time: 125 minutes. Chesterfield, Crestwood, Keller, Mid Rivers, Northwest Square, Quad, St. Charles, Shady Oak, Westroads.

Aspen Extreme

Not reviewed. Chesterfield, Crestwood, Eastgate, Eureka, Galleria, Halls Ferry, Keller, Northwest Plaza, Regency, St. Clair, Union Station.

The Bodyguard

Whitney Houston and Kevin Costner join forces in this 50-so romantic thriller about an ex-convict service agent hired to protect a pop singer. Predictable but slick. Very realistic. Lots of music. (***)

Rated R (language and violence). Running time: 125 minutes. Crestwood, Eastgate, Eureka, Eureka, Halls Ferry, Keller, Northwest Square, Regency, St. Clair, Union Station, Westroads.

Body of Evidence

Dull, careless film starring Madonna in which she plays a woman on trial for killing a man with sexual intercourse. (**) Rated R (female nudity, simulated sex play and adult language). Running time: 99 minutes. Crestwood, Eastgate, Eureka, Keller, Mid Rivers, Northwest Plaza, Regency, St. Clair, Union Station, Westroads.

Bram Stoker's Dracula

A faithful and erotic recreation of Bram Stoker's classic novel featuring strong performances by Gary Oldman and Anthony Hopkins. Will appeal to teens and adults alike, but not for the faint of heart. (***)

Rated R (violence, nudity and sexual situations). Running time: 127 minutes. Avalon, Creve Coeur, Cross Keys, Lindbergh, Ritz, St. Andrews, Village.

Children of the Corn II

Not reviewed. Crestwood, Halls Ferry, Keller, Northwest Plaza, Regency, St. Clair, Union Station.

Crying Game

A powerful tale of terrorism, love and friendship set amid the political turmoil and violence in Northern Ireland and England. One of the best pictures of 1992. (***)

Rated R (violence, adult language and sexual encounters). Running time: 113 minutes. Crestwood, Eastgate, Westport.

Damage

A forced, underwritten story of a politician in England who has a steamy affair with his own son's fiancée. Jeremy Irons leads a fine cast whose talents are almost wasted on a less-than-worthy script and scenes of sexual misconduct that are heavy-handed, to say the least. (***)

Rated R (graphic sexual situations and nudity). Running time: 111 minutes. Hi-Pointe.

The Distinguished Gentleman

Eddie Murphy returns to the big screen funnier than ever as a con man from Florida who hustles his way to the big-time and wins an elected seat in the U.S. Congress. A good supporting cast and a relaxed Eddie Murphy dole out plenty of laughs. (***)

Rated R (language and one sexual situation). Running time: 112 minutes. Northwest Square, Roxana, St. Charles.

Enchanted April

Not reviewed. Creve Coeur.

A Few Good Men

A tense and exciting military courtroom thriller starring Tom Cruise and Jack Nicholson. Look for Nicholson to earn another Oscar nomination for his role of a dedicated officer defending one of his branch's oldest unwritten codes of conduct. (***)

Rated R (adult language). Running time: 98 minutes. Clarkson, Des Peres, Eastgate, Esquire, Halls Ferry, Kenrick, Mid Rivers, Northwest Square, Regency, Ronnie's, St. Clair, Union Station.

Forever Young

Mel Gibson headlines this story about love, a coma and how fast, freezing yourself can be dangerous to your love life. Boring and silly. (**)

Rated PG (some mild adult language). Running time: 104 minutes. Clarkson, Eastgate, Galleria, Jamestown, Kenrick, Northwest Plaza, Ronnie's, St. Charles, St. Clair.

Hexed

Not reviewed. Crestwood, Esquire, Halls Ferry, Keller, Northwest Square, St. Charles, St. Clair, Union Station.

Hoffa

A sympathetic portrayal of the life of Jimmy Hoffa from the pen of David Mamet, with direction by Danny DeVito, who also plays a Hoffa confidant. Interesting, but not very revealing in a practical or theoretical sense. (***)

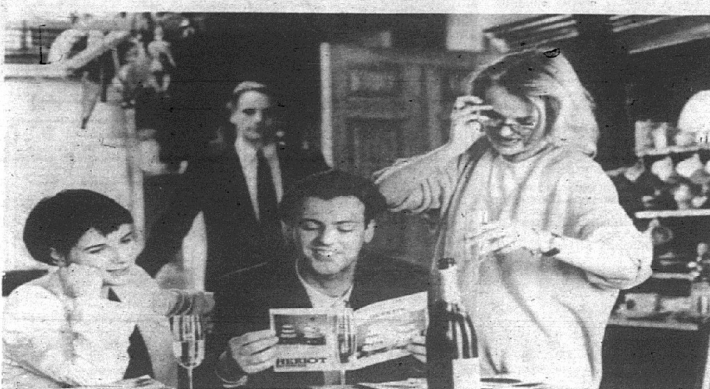
Home Alone 2: Lost in New York

A predictable refash of the original plot line. This time, Macaulay Culkin is left stranded in New York where he meets up with the infamous "Wet Bandits," who are bent on revenge. Very derivative of the first movie. The 12 and under crowd will love it. (***)

Rated PG (mild violence). Running time: 116 minutes. Halls Ferry, Mid Rivers, Nameoki, Northwest Square, Regency, St. Charles, St. Clair, Union Station.

Jennifer 8

Dark, suspenseful story about a homicide detective trying to find a serial killer of young blind women. Andy Garcia headlines in this sometimes frightening motion pic-



Stephen Fleming (Jeremy Irons, background) observes as Anna, Martyn and Ingrid (Juliette Binoche, Rupert Graves and Miranda Richardson, from left) plan Anna and Martyn's wedding, in "Damage."

ture with a twist at the end. (***)

Rated R (violence, language and brief nudity). Running time: 127 minutes. Lindbergh.

Johnny Suede

Not reviewed. Westport.

Knight Moves

Not reviewed. Crestwood, Halls Ferry, Keller, Northwest Plaza, Regency, St. Clair, Union Station.

Last of the Mohicans

A splendid retelling of the classic novel about love, patriotism, madness and sacrifice. Daniel Day-Lewis and Madeleine Stowe headline. Don't miss it. (****)

Rated R (violence). Running time: 111 minutes. Creve Coeur, Lindbergh.

Leap Of Faith

Steve Martin plays a con-artist road show minister who spends three days in the wrong town and is all the better for it. Funny, well-made, thought-provoking and one of Martin's best films. (****)

Rated PG-13 (some profanity). Running time: 108 minutes. Crestwood, Northwest Plaza.

Lorenzo's Oil

A don't miss, true story of a couple's devotion for their fatally ill son, and how their unflinching love turned into a cure for a killing disease. A remarkable, sometimes grueling motion picture. Well worth seeing, especially for parents. (****)

Rated PG-13 (dramatic intensity). Running time: 135 minutes. Clarkson, Des Peres, Esquire, Kenrick, Northwest Plaza.

Mighty Ducks

Not reviewed. Cross Keys, Lindbergh, Ritz, Village.

Mr. Baseball

Tom Selleck is funny as an ex-baseball player for the New York Yankees whose sagging career forces him to play ball in Japan. Selleck's role fits his personality and talents well. Entertaining. (***)

Rated PG-13 (profanity, partial nudity and adult sexual situa-



Kevin MacCallister (Macaulay Culkin) is back, and this time he has all of New York City for his playground, in "Home Alone 2: Lost in New York."

tions). Running time: 100 minutes. Avalon.

The Muppet Christmas Carol

A winning, warm and funny adaptation of the classic Dickens Christmas story with Michael Caine as Scrooge and Kermit the frog as Bob Cratchit. It's a Christmas classic. Don't miss it. (****)

Rated G. Running time: 86 minutes. Avalon, Creve Coeur, Cross Keys, Lindbergh, St. Andrews, Village.

Nowhere to Run

Not reviewed. Alton, Esquire, Eureka, Halls Ferry, Kenrick, Mid Rivers, Northwest Plaza, Quad, Regency, Ronnie's, Union Station, Westroads.

Passenger 57

Wesley Snipes is cool and tough as an airline anti-terrorist expert trying to foil a hijacking and escape by a world-class bad guy. Could be called "Die Hard III." (****)

Rated R (extreme violence and adult language). Running time: 90 minutes. Lindbergh, Village.

Peter's Friends

Overly cute, sometimes funny story of a "The Big Chill" about a small group of chums in England who get together for a Christmas

possessive roommate who moves in and then wants to really take over. Jennifer Jason Leigh and Bridget Fonda headline this suspenseful relationship drama about identity theft and psychotic behavior. (****)

Rated R (violence, partial nudity, sexual situations and vulgar language). Running time: 107 minutes. Lindbergh, Village.

Sniper

Not reviewed. Chesterfield, Crestwood, Eastgate, Esquire, Halls Ferry, Keller, Northwest Square, Quad, St. Charles, Union Station.

Toys

An anti-war film about toys, conflict, the future and our children. Robin Williams heads a strong cast in this cautionary tale that explains why every adult needs to buy some new toys. (****)

Rated PG-13 (mild violence and adult references). Running time: 121 minutes. Ritz, St. Charles.

Trespass

A dull, drab cat and mouse action film set in an abandoned factory in East St. Louis. Rappers Ice Cube and Ice T give their first (and hopefully last) feature film performances. (****)

Rated R (obscene language and violence). Running time: 104 minutes. Cross Keys, Village.

Under Siege

Not reviewed. Cross Keys, Lindbergh, Village.

Used People

Shirley MacLaine leads a strong ensemble cast in a strange love story about a Jewish widow who starts a relationship with a dashing Italian at her husband's funeral. Average, cutesy scripting holds the entire film down. (****)

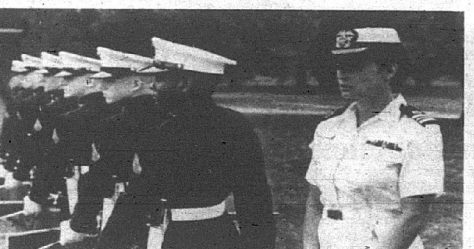
Rated PG-13 (language and adult situations). Running time: 109 minutes. Clarkson, Galleria, Halls Ferry, Kenrick, Northwest Square, Ronnie's, St. Charles, St. Clair.

Rating Guide: **** excellent; *** good; ** average; * poor. Films without stars have not been seen by a Journal critic.

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Demi Moore stars as defense attorney Lt. Col. Joanne Galloway, in "A Few Good Men."

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Irons does his best with flawed 'Damage' script

By Harry Hamm
Correspondent

Jeremy Irons brings great dignity and a sense of moral infirmity to his role in director Louis Malle's new film, "Damage."

However, the movie's script by David Hare is ordinary and hindered by great passages where nothing really happens. The many scenes of sexual misconduct in "Damage" are notable only for their fumbling.

Irons plays a respected, 50-year-old member of the British Parliament, Dr. Stephen Fleming. In one of the greatest and most understated lies on behalf of a trust ever heard in a movie, Fleming excuses himself with the words, "I've got to go to the House and vote."

Infidelity is a major element in "Damage," as Fleming has a blistering affair with his own son's fiancée, a young woman named Anna, played to perfection by Juliette Binoche. Their many scenes of fiery coupling don't unfold easily in "Damage." Too often their sex play looks more painful than ecstatic.

"Damage" is a bitter story of human folly with outstanding set designs and costuming, two of the best characteristics in the motion picture.

In a scene near the end of the movie, Miranda Richardson as Fleming's wife, Ingrid, provides a much-needed emotional eruption. Rupert Graves as Fleming's duped son is perfunctory at best.

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An adventure beyond
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Five walking events slated in February

In February, five volunteer events are scheduled in the Metro East area.

These walking events are non-competitive, family-oriented, open to everyone and sanctioned by the International Federation of Popular Sports.

Anyone may participate in these events free. Event and distance "credit only" stamps are available at all locations at a cost of \$1.50 per event.

Commemorative awards, when offered, are available for a small fee, usually \$5.

The sponsoring clubs can be contacted for additional information.

The events are:

Feb. 7, 11:30 a.m.-12:30 p.m., finish by 3:30 p.m., Lone Wolf Park, St. Peters, Mo. 10K (6.2 miles) walk through park. Trail will have some grassy areas and steps and may not be suitable for strollers or wheelchairs.

This is a "credit only" event, no award. Call 314-278-6999 for additional information.

Feb. 13, 8-11 a.m., finish by 2 p.m., Picnic Shelter, Horseshoe Lake State Park, Madison County, 10K (6.2 miles) walk around lakefront.

Trail is not suitable for wheelchairs or strollers. Award is a campaign-style button honoring George Washington. Call 397-2316 for more information.

Feb. 14, 8 a.m.-1 p.m., finish by dark, Best Western Inn, 4630 Lindell Blvd., St. Louis, 10K (6.2 miles) walk. Kickoff of a new year-round event in Central West End.

Trail is entirely paved and is suitable for strollers and wheelchairs. Award is a 2-inch Clouson Medalion. Call 314-367-6897 or 314-985-3754 for additional information.

Feb. 21, 11:30 a.m.-12:30 p.m., finish by 3:30 p.m., Forest Park, Picnic Area No. 8, Wells Drive west of Zoo, St. Louis, 10K (6.2 miles) walk through park. Trail is suitable for wheelchairs and strollers.

A "credit only" walk, no award. Contact 314-278-6999 for additional information.

Feb. 28, 11:30 a.m.-12:30 p.m., finish by 3:30 p.m., Carondelet Park, Picnic Area No. 2, near Grand and Holly Hills, St. Louis, 10K (6.2 miles) walk through park.

Trail is suitable for wheelchairs and strollers. A "credit only" walk, no award. Call 314-278-6999 for additional information.

Scott named to college dean's list

Rebecca Denise Scott of Granite City is one of the 284 students named to the dean's list for the fall semester at Union University.

The dean's list is composed of students who make at least a 3.5 grade point average out of a possible four points for 12 or more semester hours.



Little Miss — Rachel Jane Shafer, the daughter of Susan and Ron Shafer of Pontoon Beach, was crowned the Belleville Area regional winner of the Little Miss of America Pageant on Dec. 13 at the Hyatt Lodge in Belleville. Rachel, who is 3, was the winner in the Tiny Miss Division, which consists of 3- and 4-year-olds. She also won the formal wear, sports-wear modeling and photogenic categories. Rachel attends the Clitter Girls Modeling and Dance Studio with Rhonda Vest-Nolan as her instructor.

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Community calendar

Our event calendar also includes entries for community groups and their normal meeting days. Such groups meet on the first Monday of the month, the first Tuesday of the month, etc. Readers are encouraged to call these groups if holidays or other days pose uncertainty.

Corrections, additions and deletions of information are encouraged, and new entries may be added at anytime by calling the newsroom at 876-2000.

This calendar runs in every Wednesday's Journal.

Wednesday, Feb. 3

Diabetes Support Group, 7 to 10 p.m., Pascal Hall, St. Elizabeth Medical Center, 798-3456.

The Five Star Club, Niedringhaus Methodist Church, 20th and Delmar, 1:30 p.m.

Madison Community Action Group, meets every other Wednesday at 7 p.m. For more information call Dan at 452-2336 or Diane at 876-1360.

Pulmonary Support Group, for persons with diagnosed lung condition, 11 a.m. to noon in 4-Doctors Solarium, St. Elizabeth Medical Center, 798-3019.

Alcoholics Anonymous, 11 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Al-Anon, 7:15 p.m., Gateway Foundation, 600 Lincoln, Caseyville, 692-8078.

Parents Anonymous Group, meets 6 to 8 p.m. For information on where meeting will be held, call Elaine Landolt, 492-2714.

Stress Management Class, 6:30 to 8 p.m. every Wednesday, at Mental Health Services, 2024 State Street, Granite City, 11-62040-4686. Class are for people who want to know what causes stress, how it affects their lives, and what they can do about it. Call 877-4420 for more information.

Chouteau Township Senior Citizens, 9 a.m. to 2 p.m., Social Center, 906 Thorgate Drive, Mitchell, 876-8467.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Fees are based on a sliding fee scale.

School of Metaphysics, 7:30 to 10:30 p.m., 9459 Roslan Place, St. John, Mo. 63114. Classes in applied metaphysics. Contact Melanie McManus at 629-0076.

Storytime Sessions, 10:30 a.m. every Wednesday, storytime at the main library, 2001 Delmar Ave., or 3:30 p.m. every Wednesday, storytime at the branch library, 2145 Johnson Road. Parents may bring their children to this free program. Each session consists of 30 minutes of stories, songs, games and crafts intended for children ages 3 to 6. Children of other ages who can listen to a story without interruption are also welcome to attend. To obtain additional information, contact the children's department at the main library at 452-6244 or the branch library at 452-6244.

Thursday, Feb. 4

Mount Zion Baptist Church, 4 to 6 p.m., 2827 Mockingbird Lane, is offering "Meals from the Heart," a free meal to those in need. Open to the Public.

Daycare Storytime, 10:30 a.m. every Thursday, at Granite City District Public Library, 2001 Delmar Ave. Inviting babysitters, daycares, or home daycare providers. Daycare providers must have a library card to register. For additional information, daycares may call the children's department of the main library at 452-6238.

Chouteau Township Senior Citizens, 9 a.m. to 2 p.m., Social Center, 906 Thorgate Drive, Mitchell, 876-8467.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Alcoholics Anonymous, 8 p.m. Presbyterian Church, Mitchell, 876-8467.

Alcoholics Anonymous, 11 a.m., Unity Chapel, Stratford and Village Lane, Granite City, 876-8467.

Al-Anon, 9:30 a.m., St. Elizabeth Church, quilting room, 2300 Pontoon Road, 692-8078.

Al-Anon, 8 p.m., St. Elizabeth Medical Center, Wiesman Room first floor (babysitter available), 692-8078.

Overeaters Anonymous, 7:30 p.m. at First Christian Church, 2415 N. 89th St., Caseyville. For information, call 1-314-638-7221.

Rescue Mission, 1536 Fourth St., Madison; food pantry is open from 2 to 4 p.m.

Granite City Community Band rehearsals, 7:30 to 9 p.m., St. John United Church of Christ, 2901 Nameoki Road, Granite City, 931-0443.

Friday, Feb. 5

Fish Fry, 4 to 7 p.m., St. Elizabeth Church, Johnson and Pontoon roads, sponsored by Men's Club. New pressure-fried cod, catfish and jack salmon will be served. Dinners \$4. Sandwiches \$3. carryouts available. The public is invited.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Saturday, Feb. 6

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Al-Anon Adult Children, 10 a.m., Suburban Baptist Church, Maryville Road and St. Clair (babysitter available), 692-8078.

Rescue Mission, 1536 Fourth St., Madison, food pantry is open from

9:30 a.m. to noon. A rummage sale is also held every Saturday in the church yard.

Polish Pierogi Sale, Sacred Heart of Jesus Church, 930 Reynolds, Madison, 9 a.m. to noon. Seven varieties: cabbage, cheese, kraut, potato, sausage and kraut, plum pudding and taco. Carryouts only \$6 per dozen. Cooked and ready to heat and eat. Order ahead by calling 876-5860.

Sunday, Feb. 7

Alcoholics Anonymous, 1:30 p.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Alcoholics Anonymous, 8 p.m., St. Elizabeth Medical Center, Pascal Hall, Main Floor, Granite City, 876-8467.

Overeaters Anonymous, meets every Sunday at 2 p.m. in the Wiesman Room at St. Elizabeth Medical Center in Granite City.

Monday, Feb. 8

Granite City Foursquare Church, 2400 East 5th St., hot meals served free of charge to those in need or those who just want someone to talk to. Open to public. For further information or a ride, call 451-9635.

Old Six Mile Historical Society, regular meeting at Central Christian Church on Johnson Road. Public is invited and refreshments are served.

National Association of Retired Federal Employees (NARFE) Chapter 1067 meets at 11:30 a.m. at Charlie's Restaurant in Granite City. For more information call 931-2118.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Al-Anon, 9:30 a.m., 2116 Club, 2116 Edison, Granite City, 692-8078.

TOPS 2048, 6 p.m., Melvin Price Support Center in Granite City; 876-2124 or 931-5655.

TOPS IL 645, 7 p.m., Anchorage Recreation Center, 2902 Edwards St., Granite City, 452-6102. Men and women welcome.

Tuesday, Feb. 9

Benevolent and Protective Order of Elks, Granite City Lodge 1063, Maryville Road, Granite City, 931-3557, 8 p.m.

Knights of Columbus, 3rd Degree, 4225 Old Alton Road, 7:30 a.m., 877-4250.

Alliance for the Mentally III, 7 p.m., Eden United Church of Christ, 903 N. Second St., Edwardsville; for information call 877-5066.

Better Breathers, support group for those with chronic lung condition, 1 p.m., Pascal Hall, St. Elizabeth Medical Center, 798-3118.

Mastectomy Support Group, 7 to 9 p.m., Pascal Hall, St. Elizabeth Medical Center, 798-3510.

TOPS 1699, 6:45 p.m. at the Anchorage Recreation Center, 2902 Edwards St.; call 931-3557 or 797-0562.

Alcoholics Anonymous, 8:30 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Alcoholics Anonymous (women only), 8 p.m., Presbyterian Church, Mitchell, 876-8467.

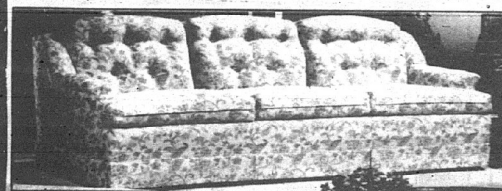
Alcoholics Anonymous, 8 p.m., St. John United Church, 2901 Nameoki, Granite City, 692-8078.

Al-Anon, 8 p.m., St. John United Church, 2901 Nameoki, Granite City, 692-8078.

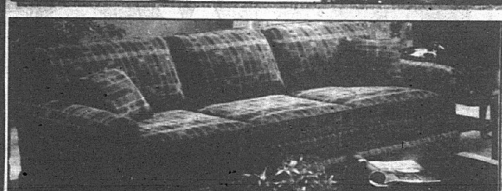
Al-Anon, 8 p.m., Niedringhaus United Methodist Church cafeteria, 20th and Delmar, Granite City (babysitter available), 692-8078.

Al-Anon Program for 12 to 17 age group, meets at 8 p.m. at Niedringhaus United Methodist Church, 20th and Delmar. For more information call 692-8078.

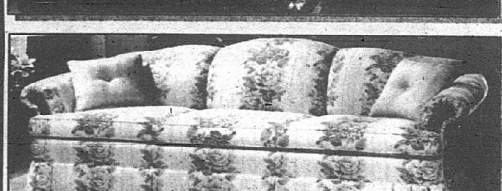
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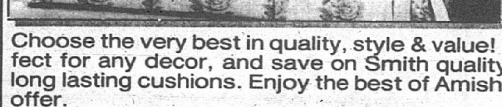
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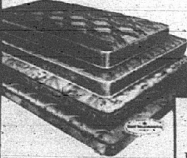


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SANKA INSTANT COFFEE.....8 oz. jar	3.99	4.55	4.55	4.55
LUZIANNE TEA BAGS.....100 ct. box	2.17	2.99	2.99	2.99
NESTEA INSTANT TEA.....3 oz. jar	2.69	3.29	3.29	3.29
VLASIC SWEET RELISH.....10 oz. jar	1.09	1.39	1.39	1.39
WISHBONE ITALIAN DRESSING...16 oz.	1.99	2.69	2.69	2.69
KRAFT MIRACLE WHIP.....32 oz. btl.	1.77	2.29	2.29	2.29
LEA & PERRINS WORCESTERSHIRE SAUCE 10 oz.	2.07	2.39	2.39	2.39
JIF PEANUT BUTTER.....28 oz. jar	3.19	3.89	3.89	3.75
HERSHEY'S CHOCOLATE SYRUP...16 oz.	.99	1.19	1.19	1.19
GENERAL MILLS WHEATIES CEREAL...18 oz. box	3.15	3.79	3.79	3.89
NABISCO SPOON SIZE SHREDDED WHEAT...23.6 oz.	4.15	4.89	4.89	4.89
QUICK QUAKER OATS.....18 oz. package	1.57	1.79	1.99	1.99
THANK YOU CHERRY PIE FILLING.....30 oz.	2.29	2.99	2.99	2.99
DREAM WHIP TOPPING MIX.....5.2 oz. pkg.	2.09	2.79	2.79	2.79
JELLO CHERRY CHEESECAKE.....21.6 oz. pkg.	2.79	3.19	3.19	3.19
REYNOLDS ECONOMY SIZE 12-INCH FOIL.....75-ft. roll	1.97	2.29	2.29	2.17

These items were purchased on Feb. 1, 1993 at National at Grand and Chippewa. at 9:05 a.m., at Schnucks at Big Bend and Elm at 9:23 a.m., and at Dierbergs at Lemay Plaza at 9:11 a.m. Due to time required for ad processing, chain store prices may vary from date items were purchased to date of ad publication. The above prices do not reflect manufacturers' deals.

MEAT

	Shop 'n Save	NATIONAL	SCHNUCKS	DIERBERGS
USDA CHOICE BEEF BONELESS ROUND STEAK.....per pound	2.39	2.49	2.99	3.29
WAFER THIN BUDDIG SLICED MEATS 2.5-oz. pkg.	.59	.69	.69	.69
R.B. RICE PORK SAUSAGE.....1 lb. roll	1.89	2.79	2.79	2.79
JIMMY DEAN PORK SAUSAGE.....1 lb. roll	2.19	2.39	2.79	2.89
BANQUET FRIED CHICKEN.....25 oz. pkg.	1.99	3.19	3.49	3.49
HUNTER ALL MEAT HOT DOGS.....12-oz. pkg.	.99	1.29	1.29	1.39
HYGRADE HOT DOGS.....1 lb. pkg.	.89	1.49	1.49	1.29
OSCAR MAYER SLICED COOKED HAM.....6 oz. pkg.	1.79	2.29	2.29	1.99

FRESH PRODUCE

	Shop 'n Save	NATIONAL	SCHNUCKS	DIERBERGS
GOLDEN RIPE BANANAS.....per pound	.48	.59	.59	.59
RUSSET POTATOES.....per pound	.48	.69	.69	.69
LARGE TOMATOES.....per pound	1.18	1.49	1.49	1.99
CRISP RADISHES.....16-oz. bag	.88	.99	.99	.99
ICEBERG LETTUCE.....large head	.88	.99	.99	.99

DAIRY/FROZEN FOOD

	Shop 'n Save	NATIONAL	SCHNUCKS	DIERBERGS
KRAFT PHILADELPHIA SOFT CREAM CHEESE...f2-oz. pkg.	2.18	2.39	2.39	2.39
KRAFT SHREDDED SHARP CHEDDAR...4-oz. pkg.	1.07	1.37	1.19	1.19
STORE BRAND MARGARINE QTRS. 1-lb. pkg.	.39	.59	.59	.50
LOUISA BEEF RAVIOLI.....48-count	2.95	3.99	3.50	3.99
BIRDSEYE EXTRA LARGE COOL WHIP TOPPING 12 oz. pkg.	1.77	1.99	1.99	1.99
JENO'S PEPPERONI PIZZA ROLLS.....18 oz. bag	3.47	3.79	3.79	3.79

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Granite Bowlers ranked by YABA

Several bowling teams and individuals from Granite Bowl were recently ranked in the Young American Bowling Alliance's publication, *Framework*. The scores were approved by YABA in December.

Jason West and Kimberly Rody are ranked for their individual scores. West, in the senior boys division, has bowled a 279 game. Rody, a bantam girls bowler, has rolled a 264 series.

The following is a list of Granite Bowl teams ranked by YABA.

Junior Boys Team Series: Express (Joe Byrd, Eric DeBock, David Moore, Dustin Reiger, Mike Schwallier), 3255 series, 1st.

Prep Boys Team Series: The Racals (Dustin Ross, John Dittloff, Gary North, Justin Jones, Ghost), 2450 series, 7th.

Bantam Boys Team Series: The Lasers (Joshua Anderson, Evan Thomas, Sean Fortune, Joshua Warren, Ghost), 1509 series, 5th.

Major Mixed Team Game: F/B's (Mike Noble, Robert Brooksher, Tina Cichlar, Robyn Harper, Daria Bauer), 1211 game, 4th.

Prep Mixed Team Game: Bowling Brats (J.R. Hard, Cheyenne Modglin, Brandi Huelmann, Kelly Rutter, Jamie Williams), 865 game, 2d.

Junior Boys Team Game: Express (Joe Byrd, Eric DeBock, Dustin Reiger, David Moore, Mike Schwallier), 1164 game, 1st.

Prep Boys Team Game: All Stars (Kyle Bailey, Jeffrey Reynolds, Dwayne Slayton, Chris Taylor, Jason Williams), 868 game, 9th.

Bantam Boys Team Game: The Lasers (Joshua Anderson, Evan Thomas, Joshua Warren, Sean Fortune, Ghost), 776 game, 8th.

Prep Mixed Team Series: Bowling Brats (J.R. Hard, Cheyenne Modglin, Brandi Huelmann, Kelly Rutter, Jamie Williams), 2463 series, 1st.

Prep Mixed Team Series: Bad News Bowling Brats (Shuck, Brady Sipes, Amber Sipes, Darin Sipes, Ricky Woodward), 2394 series, 5th.

Granite City Park District

Broomball (Jan. 24)	
Men's division	
Planet Granite II	7-2 (14 pts.)
Planet Granite I	7-2 (14)
Hook's	6-3 (12)
Medicine Shoppe	5-4 (10)
Sports Tap	2-7 (4)
To Be Determined	0-9 (0)

Planet Granite 10, To Be Determined	
Hook's 9, Medicine Shoppe 2	
Planet Granite II 6, Sports Tap 0	
Cool division	8-2 (16 pts.)
Maryland-Meats Inc.	8-3 (16)
Planet Granite	5-5 1/2 (11)
Kilroy's	3-6 1/2 (5)
Jacobmeyers	2-9 (4)

Kilroy's 3, Jacobmeyers 3	
Maryland-Meats Inc. 6, Planet Granite 2	
Wed Basketball	
Jacobmeyers	8-0
Cat Daddies	6-2

Bindy's	4-4
The Hylias	4-4
Purple Planet	3-6
ASU	0-8
Scores	
Jacobmeyers 88, Cat Daddies 81	
The Hylias 2, Bindy's 0	
Purple Planet 94, ASU 97	

Thursday Basketball (B)	
Rudy's Raiders	7-0
Young Gunners	4-2
Premier Breakers	3-3
Sports Tap	4-4
Bindy's Busters	4-4
Bindy's	3-5
Go-Gunners	0-6

Rudy's Raiders 2, Bindy's Busters 0	
Bindy's 57, Sports Tap 50	
Young Gunners 65, Go-Gunners 55	
Sports Tap 59, Bindy's Busters 45	

Thursday Basketball (B)	
Evenson Chiropractic	7-0
Electric Mud Puppies	6-2
Carquest	4-3
Court Jesters	3-4
1st Assembly	3-5

Hoopsters	2-5
Triangle Heating	2-5
Pace Hardware Hammers	3-4
Scores	
Pace Hardware Hammers 51, Hoopsters 41	
Electric Mud Puppies 86, Court Jesters 49	
Carquest 62, Triangle Heating 42	
Evenson Chiropractic 64, 1st Assembly 55	
1st Assembly 65, Triangle Heating 50	

Volleyball	
Red Division	
G.C. Subway	19-5
Sammy's Slammers	13-9
Sandy's Disc Wallpaper	13-14
Bindy's	9-15
Sports Tap	9-21

Blue Division	
Wrecking Crew	28-2
Ernie & Annie's	19-11
Black Robbings	15-15
E.P.A.I.	14-16
J&J Liquor	10-20
Jacobmeyers	4-26



The winners — The Elk's 1982 boys' soccer team captured first place in the Thanksgiving Shootout, held at Soccer For Fun. Front row, from left: Phillip Reader, Andy Messina, Scott Niggl, Michael Reagan, Brett Briggs, Ian Kessel, Josh Smallie, Jeremy Smith. Second row: Coach/manager Steve Kessel, Robert Shipley, Nathan Severine, Nathan Slater, Matt Jackson, Jeremy Hickam, Devin Mayes, Josh Peacher, Dustin Wesley, Jeff Jerden, coach Brian Buske.

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(Staff photo by PAM DOEPKE-HURD)

Granite City freshman wrestler Chris Janek has gone 24-11 in the heavyweight division this year.

•Matmen—

(Continued from Page 1D)

field includes Belleville West, Belleville East, East St. Louis Senior, Lincoln, Mascoutah and O'Fallon.

Should Granite City get the top seed and defend it, the Warriors would advance as a team to sectional competition at Quincy.

Another top team in the sectional field is Chatham Glenwood, which is competing in the Quincy Regional.

Individual competition will begin Saturday. The dual-meet portion of the regional begins next Tuesday.

Players needed to form teams in AABC league

A Granite City baseball coach, Doug Winfield, is looking to form teams for a traveling league to compete in the American Amateur Baseball Congress. Players born before Aug. 1, 1978, are needed.

The league will have a regular-season summer schedule and a playoff format leading to AABC state tournament play.

The league is for players who would like to compete against teams throughout the southwestern Illinois region.

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Warriors

(Continued from Page 1D)

the heavyweight bout, Chris Janek avenged a loss to Marvin Thomas earlier this year with a victory by default.

Granite City coach Mike Garland said his team was able to rely on something that has carried through for the Warriors all season — strong efforts from the younger members of the team.

Estrada and Janek are both freshmen, and Fulkerson is a sophomore.

"We got a big win from Timmy Fulkerson," Garland said. "That really gave us some momentum."

Janek also had a good match. He was winning when Thomas defaulted and it came out good for him. He made up for that by making him beat at the Holiday (tournament).

"Hopefully, by now they should be wrestling like juniors, not freshmen."

Cahokia missed the leadership provided by Gilmer, who was out with a knee injury. The two-time state qualifier should be able to wrestle in regional competition, but his presence Saturday was definitely missed.

"He should be ready for the regional," Bement said. "It hurt not having him, and it was kind of a tough day. A couple kids lost where I didn't think they would."

"I don't think we wrestled real well, and I didn't know if that was because Granite City wrestled well or we just didn't do the job."

The Comanches went into the meet knowing they would have to wrestle up, and they also knew the disadvantage they would be at without Gilmer.

"That's a big swing (without Gilmer), and he also had his guys going up," Garland said. "That makes a difference."

Still, Granite City reaffirmed its No. 1 ranking in the area with the wins. The Warriors have defeated all of their Southwestern Conference foes and the rest of the area's top competition, including Edwardsville and Cahokia. Most of their matches have not been close.

The Warriors, who have won 50 straight regular-season duals, enter Saturday's regional at Cahokia as the team to beat. Granite City lost its state tournament dual to Lyons Township last year, but the Warriors have not suffered a regular-season defeat since January 1991 when the Comanches beat them.

in the season finale.

"We'll take it," Garland said. "You've got to give a lot of credit to the kids. It's just a really super group."

"They've had two good years in a row," Bement said. "They have a good program."

Like Granite City, Cahokia has spent most of the year defeating the rest of the competition across the area. The Comanches, 14-9-1, lost to Edwardsville by just three points and still pose a threat in the upcoming regional.

"I'm optimistic," Bement said. "We're looking pretty good. We're not there yet, but we're getting there. We can compete with the best teams, and we're on the right track."

Cahokia's three wins against Granite City came from Dwayne Wilson at 130, Titus Taylor at 145 and DeMarco Suggs at 189.

Wilson, who went 3-0 on the day, beat John Venne 14-5. Taylor pinned Mike Grubbs in 2:40, and Suggs downed Andy Richards 14-5.

"(Wilson) wrestled extremely well," Bement said. "(Suggs) wasn't at his strongest, but he did the job."

In other action Saturday, Cahokia defeated Murphysboro 44-25 and tied Pinckneyville, 30-30. The Warriors beat Murphysboro 35-15 and Pinckneyville 47-23.

Against Cahokia, the Warriors got typical performances from Chris Hogan at 103, T.J. Slay at 125, Tony Buchek at 160 and Jeff Witter at 171. Hogan and Slay won by pin, and Buchek and Witter added victories. Each one has at least 30 wins this year except Witter, who is 26-11.

Garland, in his sixth year, has been pleasantly surprised by his team's success. The Warriors lost 10 straight last year and came into the season expecting to rebuild. The Warriors returned four starters: Scheffer, Slay, Buchek and Richards.

"But you can't really build your team around four kids," Garland said. "This has proba-

bly been my most surprising year."

The Warriors have a realistic shot at going to state as a team for the second straight year. They must first get past the Cahokia Class AA regional, which begins Saturday with individual competition.

The regional includes the host Comanches, Belleville West, Belleville East, East St. Louis Senior, Lincoln, Mascoutah and O'Fallon.

Garland said his team's goal is to win the regional and advance to the Quincy Team Sectional later this month. The other top teams in the Cahokia field appear to be Belleville West and Cahokia.

"That's the attitude we've had all year in tournaments, and we need to kind of think that way now," Garland said. "Now we've got the important stuff. I think the regional will be pretty good."

"A few teams could show up and do well. Belleville West is improving, and every team has about four or five kids that look good. It could come down to four teams, but all we're going to worry about is how we wrestle."

The Warriors and the Comanches both have several wrestlers of state tournament caliber. Gilmer and Suggs are both ranked in the state, and so is Scheffer. Two other Granite City wrestlers, Hogan and Slay, hope to have strong postseasons.

Bement is hoping the Comanches can peak at the right time. He said he is looking forward to the possibility of a Granite City-Cahokia rematch next Tuesday in the regional's dual competition.

"It's nice to have it at home," Bement said. "Our kids will be ready to go. You always work toward the regional. That's the No. 1 goal of the season."

Granite is the team to beat. There's no question about that. I'm looking forward to maybe seeing Granite again in a week. Somebody could sneak in, but we should be the top two."

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- ☐ 2. Dog to the vet
- ☐ 3. Laundry
- ☐ 4. Pick up Johnny from school
- ☒ 5. See Hamlin for a new car

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P185/70R14	67	72	—
P195/75R14	67	75	—
P195/70R14	70	—	—
P205/75R14	70	79	79
P205/70R14	73	80	—
P205/70R15	76	83	—
P205/75R15	73	84	88
P215/70R15	79	86	—
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P205/75R15	\$52
P215/75R15	\$54
P225/75R15	\$56
P235/75R15	\$58

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50,000 Mile Expectancy

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P175/80R13	\$49
P185/80R13	\$51
P185/75R14	\$54
P195/75R14	\$55
P205/75R14	\$57
P215/75R14	\$61
P205/75R15	\$60
P215/75R15	\$62
P225/75R15	\$65
P235/75R15	\$68

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60,000 Mile Expectancy

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P165/80R13	\$56
P175/80R13	\$57
P185/80R13	\$60
P185/75R14	\$63
P195/75R14	\$65
P205/75R14	\$67
P215/75R14	\$71
P205/75R15	\$70
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P195/70R14	\$72
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P215/70R14	\$75
P205/70R15	\$75
P215/70R15	\$78
P225/70R15	\$81
P235/70R15	\$85
BLACKWALL	
P205/65R15	\$73
P215/60R16	\$79
P225/60R16	\$84

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155SR13	\$45
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165/70SR13	\$50
175/70SR13	\$52
185/70SR13	\$55
185/70SR14	\$58
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P185/70SR13	65	\$65	P185/70SR13	\$63	P195/60HR14	\$83	P195/60HR14	\$83
P195/70SR13	67	\$67	P195/70SR13	\$65	P215/60HR14	\$89	P215/60HR14	\$89
P185/70SR14	68	\$68	P185/70SR14	\$66	P195/60HR15	\$86	P195/60HR15	\$86
P195/70SR14	71	\$71	P195/70SR14	\$69	P215/60HR15	\$93	P215/60HR15	\$93
P205/70SR14	72	\$72	P185/60SR14	71	P225/60HR15	\$96	P225/60HR15	\$96
P215/70SR14	75	\$75	P195/60SR14	73	P215/65SR15	\$95	P215/65SR15	\$95
P225/70SR15	81	\$81	P195/60SR15	76	P205/50HR15	\$126	P205/50HR15	\$126
P235/70SR15	86	\$86	P205/65SR15	79	P225/50HR15	\$132	P225/50HR15	\$132
P255/70SR15	91	\$91	P215/65SR15	\$82	P225/50HR16	\$162	P225/50HR16	\$162
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Journal Tour winds its way to Yukon's Skagway

At the northern terminus of the Inside Passage lies Skagway. Its name is derived from an Indian word meaning "Home of the North Wind."

During the Klondike Gold Rush, the town was the gateway to both the Chilkoot and White Pass trails, a funnel through which thousands of frenzied fortune-seekers passed.

In August 1896, on the day that George Carmack struck it rich on Bonanza Creek, Skagway consisted of a single cabin, constructed by Capt. William Moore. News of the Klondike strike hit Seattle in July 1897; within a month, 4,000 people huddled in a haphazard tent city surrounding Moore's lone cabin, and "craft of every description were dumping a crazily mixed mass of humanity into the makeshift village."

Almost immediately, Frank Reid surveyed and platted the town site, and the stampedeers grabbed 1,000 lots, many within Moore's homestead. There was no law to back up either claims or counter-claims and reports from the time describe Skagway as "the most outrageously lawless quarter, on the globe."

Skagway was the jumping-off point for White Pass, which crossed the Coastal Range to Lake Bennett and the Yukon Headquarters. This trail, billed as the "horse route," was the choice of prosperous prospectors who could afford pack animals to carry the requisite "ton of goods." But it was false advertising at best, and death-defying at worst. The mountains were so precipitous, the trail so narrow and rough, and the weather so wild, that all 3,000 animals that stepped onto the trail in 1897-98 were doomed to a fate worse than death. Men swore that horses leaped off the cliffs on purpose, committing suicide.

The famous Chilkoot Trail was the "poor man's route." Stampedeers had to back pack their year's worth of supplies 33 miles to Lake Lindeman, which included 40 trips up and down the 45-degree "Golden Stairs" to the 3,550-foot pass.

Into this breach stepped Michael J. Heney. An Irish-Canadian contractor with a genius for vision, Heney punched through the 110-mile narrow-

gauge White Pass and Yukon Railway, which connected Skagway to Whitehorse. The job was completed in just under two years, which ensured the constant flow of passengers and freight—as well as Skagway's survival.

Today, the boardwalks, frontier storefronts, restored interiors, museum-quality gift shops, and old-time cars and costumes give Skagway a flavor for which it has been famous for 90 years.

The Journal's Grand Alaska Tour arrives at Skagway this July after cruising the scenic Lynn Canal.

The tour is one of the most comprehensive tours to visit Alaska. The all-inclusive price includes nearly every expense, including all meals, as well as many delightful surprises, entertainment and extra comforts. Space is limited to a small group.

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Skagway's Broadway, with its false-fronted buildings and boardwalk, looks much today as it did in the 1890s.

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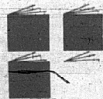
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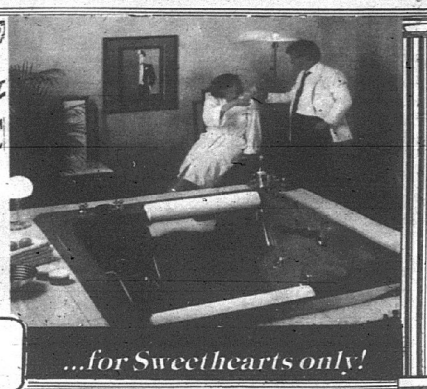
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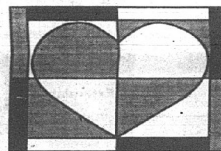
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WOMEN and HEART DISEASE



8:00 a.m.
Registration

9:00 a.m.

Welcome

Ruth Holmes, RN, RVT

Director, Marsh Cardiovascular Unit

Memorial Hospital

9:10 a.m.

Women and Heart Disease:

An Overview

Betty Boyd Walker, Ph.D., RN

Assistant Professor of Nursing

Southern Illinois University - Edwardsville

9:25 a.m.

It Happened to Me

Two women share their experiences with

cardiovascular disease

Silvana Menendez, MD

Cheryl Snively, RN

9:45 a.m.

Women and Work

Linda Steele, Ph.D., RN

Professor of Nursing

Chairperson, Division of Nursing

McKendree College

10:30 a.m.

Break

10:45 a.m.

Cardiac Risk Factors for Women

Sandra Thornhill-Alvarez, RN, MSN

Cardiovascular Clinical Nurse Specialist

Memorial Hospital

**Monday,
February 15, 1993**

8:00 a.m. to 3:05 p.m.

Memorial Hospital

Auditorium

4500 Memorial Drive, Belleville, Illinois

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**American Heart
Association**

11:30 a.m.

Estrogen: Keeping Women

Young at Heart

Deborah McDermott, MD

Internist

12:15 p.m.

Heart-Healthy Luncheon

1:30 p.m.

Supermarket Sense

Lana Shepek, R.D.

Senior Research Interventionist

Department of Preventive Cardiology

St. Louis University School of

Medicine, St. Louis

2:15 p.m.

Exercise

Debi Biver, P.T., M.S.

Supervisory, Physical Therapist

Memorial Hospital

2:45 p.m.

Questions and Answers

3:05 p.m.

Closing Remarks

Registration Fee

\$5.00 per person (in advance); \$10 at

the door. Includes continental break-

fast, lunch and handouts.

Reservations

Seating is limited. Reservations are

requested no later than Wednesday,

February 10, 1993.

For more information,
call Memorial's Community Relations Department at
(618) 233-7750, Extension 5649.

REGISTRATION FORM

Name: _____

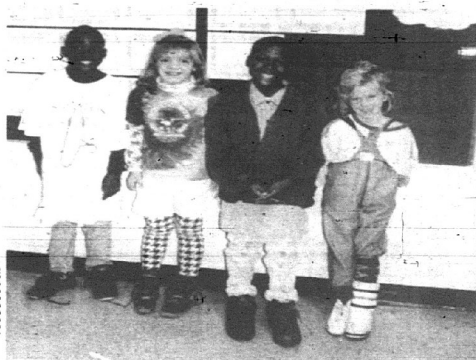
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City, State and Zip Code: _____

Daytime Telephone Number: _____

Send this registration form, along with \$5 registration fee to Memorial Hospital, c/o

Community Relations Department, 4500 Memorial Drive, Belleville, Illinois 62223-5399.



Tacky dressers — Students at Prather School held a tacky dress-up day recently. Pictured at left, from Mrs. Falter's second grade class, are Jerome Johnson, Lacey Fry, Anthony Coleman and



Betty Campbell. In Mrs. Parker's fourth grade class, at right, are Annie Litchfield, Natasha Basden, Laura Woolen and Corie Schumate.

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VFW, Ladies Auxiliaries host Voice of Democracy winners

The Veterans of Foreign Wars and its Ladies Auxiliaries of the 14th District held their January meeting at the Post Home 650 in Waterloo.

The joint luncheon meeting was conducted by Charles Brimm, 14th District commander and President Henrietta Dieters. Special guests at this luncheon were the Voice of Democracy winners and their parents.

Solo Seager, VFW chairman and Rita Wilhelm, Auxiliary chairman reported that 16 posts,

14 auxiliaries and 20 schools had participated. There were 431 students participating and \$4,518 had been spent on the program.

The first place winner was Shannon May sponsored by the East St. Louis post, second place was Gloria McRoberts sponsored by Scott Air Force Base post and third place winner was Christie Jones sponsored by the Cahokia post. May presented her essay to the membership and was given a standing ovation. She will go to Springfield Feb. 12 to compete for the state award.

\$300 hurricane aid by St. Gregory's

A check for \$300 has been presented to the Tri-City Chapter of the American Red Cross from the parishioners of St. Gregory the Illuminator Armenian Apostolic Church.

The church members dug a little deeper into their pockets one Sunday to help the relief efforts of the Red Cross for the victims of Hurricane Andrew, a spokesman said.

"On behalf of the parishioners and the Board of Trustees of St. Gregory's Church, the Rev. Vartan Kassabian and Mrs. Mary Harion delivered the check to the Red Cross office."

The church members recalled the outpouring of support from the local community when a devastating earthquake hit Armenia four years ago. This special collection was just their way of returning the kindness and assistance provided to their brothers and sisters in Armenia.

February church events will include:

Sunday, Feb. 7, Annual membership meeting to be held after church services at St. Gregory's Armenian Community Center, 10 Colonial Drive, Granite City.

Saturday, Feb. 13, Special church services will be held at St. Gregory's Armenian Church, 1732 Maple St., at 4 p.m. There will be 10 church services on Sunday, Feb. 14, since Rev. Kassabian will be attending a clergy conference in Worcester, Mass.

Lenten services will begin Sunday, Feb. 21, and continue every Tuesday from 7 to 8 p.m. thereafter until Holy Week.

from 7 to 8 p.m.

The special guest for Brimm was state junior vice commander Ed Griffith of Post 1301 Johnson City. He extended greetings on behalf of Russell Rieke, state commander. He also gave a special National Award to Auxiliary 447 of Fairview Heights for the Patriotic Citizens Luncheon.

Brimm presented citations to posts 7074, 1699, 6985 and 10641 for their National Safety and Youth programs.

After the luncheon the two organizations held individual meetings. Dieters said she was happy to see so many present in spite of the inclement weather.

Lois Sellinger, district chaplain, requested that the names of the auxiliaries' deceased members be sent to her by Jan. 30. A

memorial service will be held at the March meeting and she needs time to get the program together and printed.

Dieters also introduced state officers present. They were Alice Lynch, past state president, Mary Lee, national home chairman, Sandy Haukup, deputy chief of staff and state color bearer.

Lee, membership chairman, announced that there were 10 auxiliaries at 100 percent and the district needed 179 members to be 100 percent.

The next district meeting will be March 14 at Coulterville, when past 14th district commanders and past district presidents will be honored.

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